



8 Pieces of Brocade [available winter 2009]

Albany Qigong

Call 518.698.2400 to reserve
a place in a group class or
private session

Ba Duan Jin (The Eight Pieces of Brocade) was developed during the twelfth century by the famous general Yueh Fei (who also created the Hsing I internal martial art) as a way to strengthen the body, to balance the vital functions and to drive stagnant energy and toxins from the system. Pa Tuan Chin is a very popular Chi Kung set, ideal for beginners. Although simple, these exercises have a lot to offer. By involving your mind in your Chi Kung practice you will get their full benefits. But, even by practicing the set as simple physical exercises, the Pa Tuan Chin routine will loosen your muscles, improve your posture, enhance your blood circulation, and relax you.

Some of the Health Benefits of the Eight Sections of Brocade:

Deep soft breathing helps to lower your heartbeat and blood pressure.

Stretching helps contribute to the relaxation of stiff and tense muscles.

Standing up straight helps realign the back muscles and the spine.

Many Chinese healers believe that these exercises help regulate and improve the heart, lungs, stomach, spleen, and liver. It stimulates the internal organs in the upper trunk area.

A clear and peaceful mind reduces negative stress on the body.

Bending the knees exercises the front thighs. Balance and brain functions are improved by coordinated movements.

In traditional Chinese medical theory these movements help stimulate and revitalize the liver

Balance and coordination are improved and helps regulate and improve the kidneys.

In Chinese medical theory, bouncing in this manner stimulates the immune system and helps rid the body of many diseases.

Exercising the lungs (metal) helps absorb the heat and control the fire, the heart fire - heartburn

Counter indications: Persons with high blood pressure should not have their head lower than their heart. Persons with hip, abdominal or lower back injuries should avoid deep bends from the waist.

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Visit the Albany Qigong website at: <http://www.albanyqigong.com>

