



Ba Shi Qigong sets 1 - 4

These Qigong sets each contain 8 movements, hence the name *Ba Shi*, which simply means Eight Movements.



Each set will be taught in a 12 week course (two terms of six weeks, £55 per term).

You can start with any of the 4 sets, or just attend any one set.

All classes will all be recorded so videos will be available even if you can't attend in person.

Below is a list of the movements for set 1 including some of the benefits.

Set 1 starts online 15th October 11:15am - 12:15pm

Contact [Alec](#) for Zoom link

Qigong Set 1 氣功八式一號

All movements in this Qigong Set aim to stimulate and benefit the Qi and help to balance blood pressure through their smooth flowing nature. Other suggested benefits are listed below:

- 1. Floating Arms** - strengthens the heart, stimulates flow of Qi from Dantian
- 2. Opening the Chest** - good for insomnia and lifting depression
- 3. Part the Clouds** - strengthens legs, benefits kidneys, lifts low spirits
- 4. Aligning the Joints** - Strengthens and opens the back of the body and back of the legs, increases flexibility
- 5. Extending the fists** - promotes all round strength, invigorates whole system
- 6. Rowing a Boat** - relieves back ache, head ache, good for kidneys and digestion
- 7. Spinning Wheels** - stimulates the 'belt' meridian, relieves back stiffness
- 8. Cradle the Moon in the Dantian** - invigorates whole energy system

Flow - Aim for a quality of movement that flows softly and smoothly allowing tensions and resistance in the body to dissolve away.

Breath - Follow your own natural breath. Breathe in and out through your nose, lightly resting the tip of the tongue on the upper palate just behind the front teeth.

For medical advice or before embarking on any exercise programme, we recommend that you consult with your doctor.