



Yi Jin Jing



Translation -

Yi (limber up or strengthen) + *Jin* (tendon) + *Jing* (method/exercise)
Tendon Transforming Method
(or more simply, Tendon Strengthening Exercises)

According to legend Yijinjing is said to have been the first exercises taught by Bodhidharma, in the fifth century A.D., when he came to the Shaolin Temple in Henan province, China.

There are twelve movements in this set

These exercises have a beneficial effect on the tendons, and therefore the strength of the muscles (tendons connect muscles to bone). They improve health on both the physical level and deeper level of the energy (meridian) system, which in turn helps to balance the emotions.

A 36 week online course starting
Thursday 4th September 9:30am - 10:30am
£60 per 6 week term

Classes will be recorded and available for future reference

