

Eight Strands of Brocade

八段錦氣功

Ba Duan Jin Qi Gong

A new online course starting

Wednesday 2nd September, 10am - 11am

Brocade is made from strands of brightly coloured silk which are woven into intricate patterns and designs. It is highly valued, not only for the superior quality of the silk, but for the skill and time put into creating it.

One's health should be as highly treasured as silk Brocade, hence The Eight Strands of Brocade Qigong exercises, which are also known as The Eight Treasures, or literally Eight Section Brocade.

This set of 8 movements includes soft stretches to
release tension
engage meridians
increase flexibility

Suitable for beginners or those with previous experience.



This 18 week course will be recorded so you can keep up even if you can't make the live class.

£55 for each 6 week term.

email [Alec](#) to reserve your place and receive the Zoom link

