

CN – Ba Duan Jin CN -八段锦

Medium: English



The CN – Ba Duan Jin, a Dynamic Breath exercise designed by Dr Clement Ng. Incorporating traditional Ba Duan Jin Qigong, with **Meridian Systems Knowledge**, **Dynamic Breathe** and **Mindfulness techniques** to help harnessing optimal benefit in Qi Vitality regulation and Health Betterment.

The Mindfulness techniques look into the dimension of the Vitality, the Self, the Heart, and the Spirit of the individual.

The technique has proven effective in helping those experiencing Sub-Health symptoms such as **Stress, Insomnia, Chronic Fatigues** as well as chronic ailments such as **Hypertension, Diabetes** in managing their conditions.

Course Detail	
Session 1:	Session 3:
<ul style="list-style-type: none"> Meridian's Pathway and Key Acupoints, Dynamic Breathe Techniques Mindfulness Technique – The Vitality (气) 	<ul style="list-style-type: none"> Meridian's Pathway and Key Acupoints, Dynamic Breathe Techniques Mindfulness Technique – Heart (心)
<ul style="list-style-type: none"> 双手托天理三焦 Pressing Up to the Heavens to Regulate the Triple Jiao 	<ul style="list-style-type: none"> 摇头摆尾去心火 Bending and Rotating body to Calm the spirit.
<ul style="list-style-type: none"> 左右开弓似射雕 Open the Bow as though of Shooting the vulture 	<ul style="list-style-type: none"> 两手攀足固肾腰 Touching the Toes, Bending Backwards to strengthen the kidneys
Session 2:	Session 4:
<ul style="list-style-type: none"> Meridian's Pathway and Key Acupoints, Dynamic Breathe Techniques Mindfulness Technique – The Self (人) 	<ul style="list-style-type: none"> Meridian's Pathway and Key Acupoints, Dynamic Breathe Techniques Mindfulness Technique – The Spirit (神)
<ul style="list-style-type: none"> 调理脾胃须单举 Separating Heaven and Earth to Regulate the Spleen and Stomach. 	<ul style="list-style-type: none"> 攒拳怒目增气力 Punching with an Angry Gaze to Increase Qi
<ul style="list-style-type: none"> 五劳七伤往后瞧 Turn and Glance to Eliminate Fatigue and Stress 	<ul style="list-style-type: none"> 背后七颠百病消 Jolting the spine to Eliminate Diseases



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Registered Traditional Chinese medicine (TCM) practitioner

Doctor of Medicine (TCM) from Nanjing University of Chinese Medicine

Former Vice Principal of Singapore College of TCM.

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A Practitioner of CN - Ba Duan Jin since 2003