

Knowledge and Skills x Health = 100%

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TCM and You Health Betterment Series

Online Qi Gong/Dynamic Breath Course

1. The CN – Ba Duan Jin CN -八段锦

The Dynamic Breath exercise designed by Dr Clement Ng. Incorporating traditional Ba Duan Jin Qigong, with Meridian Systems Knowledge, Dynamic Breathe and Mindfulness techniques.

- Online Course (Zoom)
- Language: English
- Date: 12, 19, 26 October & 2 November 2021, Tuesday
- Time: 3.00 pm - 4.45 pm
- Course Fee: S\$120
- click for Brochure: [The complete course for CN – Ba Duan Jin - Mindfulness Online](#)



<https://tcmduyou.com/home/product/cn-bdj01/>

| Course Detail | |
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| 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">• 攢拳怒目增气力 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 |