

Eight Treasures Qigong

The old masters' 32-movement form for complete health

or: Ba Gua Dao In – Qi exercise of the Eight Immortals

Learn to move with Qi in this fundamental, balanced, whole body workout that establishes the foundation for health & personal development for body, mind & spirit.



Eight Treasures Qigong is a fundamental exercise form that supports our physical health suitable for use throughout our lifetime. A balanced, broad-based energy workout, Eight Treasures benefits the heart, the mind & the muscles. Designed to open the eight extraordinary channels deep in our body to remove blockages, it enhances physical stamina and promotes the dynamic flow of energy.

A series of slow, standing movements working all the muscles and joints, internal organs and systems, it is particularly well suited for young and middle aged people without serious physical limitations and for anyone with previous physical training. We greatly enjoy performing this gentle, ancient exercise as we discover the inner energetics at the core of the movements. The movements are simple yet contain important teachings of a natural, balanced way of moving and being, it was historically used to prepare students before learning Tai Chi.