

## Wellbeing: Qi Gong For Health Ba Duan Ji

If you enjoyed our Tai Chi courses, you may also like our new wellbeing practice course – Wellbeing: Qi Gong: Ba Duan Jin, also known as the Eight Piece Brocade. Tai Chi and Qi Gong Ba Duan Jin come from the same tradition of body movements for health and wellbeing developed in ancient China.

As the title suggests, the Eight Piece Brocade is a sequence of eight movements and is a method for keeping our bodies and minds healthy. Each movement within the Eight Piece Brocade relates to specific internal body organs. Direct health and wellbeing benefits of practicing the Eight Piece Brocade include improved mood and mental balance, better sleep, better concentration levels and memory, and body coordination. Practicing Qi Gong helps reduce anxiety and depression and is recommended as therapy for chronic pain and inflammatory conditions. Each student is encouraged to learn and practice at their pace and ability. Every movement within the Eight Piece Brocade can be adapted for those with limited mobility, and in turn improvements flexibility and mobility with long -term practice. Student will learn also learn and practice meditation, correct breathing patterns, and a specialised warm up routine in reparation for movement.

The reflective journal will also serve as a document where students could note down their thoughts and impressions as their learning and practice progresses, and to return to these at any time in the future. There will be specific pointers set by the teacher to get the reflections started. Towards the end of the course students will have an opportunity to share their reflections with the group, and thus see for themselves how their learning progressed over the twelve weeks.

Start Date:	22 April 2025
Start Time:	11:00
Lessons:	12
Weeks:	12
Hours:	18.00

If you are pregnant, have heart problems or any serious medical condition

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### **What will I learn on this course?**

By the end of the course you should be able to:

1. Demonstrate improved flexibility, posture, strength, and balance safely with a variety of Qi Gong movements
2. Develop and deepen techniques for meditation
3. Use your reflection journal at least three times over the duration of the course

Note that each learner will be set specific targets based on the above and their individual starting point.

### **Is this course suitable for me?**

If you have health concerns then please see your GP before enrolling.

You should bring your own mats for hygiene purposes as well as warmer clothing or blanket for the relaxation, and you might like a cushion for comfort.

Please do not purchase until you know your course will run.

Further progress / long-term self-learning: students are encouraged to keep up the practice following the course, and are welcome to repeat the course to allow for a deeper understanding and longer-term health and wellbeing benefits of Qi Gong, and until they feel they are able to carry entirely on their own, which will be different for each students, depending on experience and ability.

### **Is there anything I need to know about the course?**

- You should bring a bottle of water to every session.
- You should wear clothing that you feel comfortable in with plenty of room for movement.
- You should not wear any jewellery when exercising and long hair should be tied back.
- You should bring your own mats for hygiene purposes as well as warmer clothing or blanket for the relaxation, and you might like a cushion for comfort.
- Please keep your tutor informed about any changes to your health (e.g. injuries, illnesses).
- If you feel at all unwell during the class then please stop and inform your tutor.

Approximately 15mins of the first session will be used to assess your starting point through an Individual Learning Plan, which will be updated during and at the end of the course, and to complete a health and fitness status form. We aim to make the learning experience as individual relevant to you as possible and these forms are one method that helps us to do this.

Please note: Learners will not be allowed access to classrooms without a member of staff being present. If you have health concerns then please see your GP before enrolling.

### **What could I go on to do after this course?**

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Please speak to your tutor about our other wellbeing courses.

Course progression - Deepening your Ba Duan Jin for health and wellbeing practice

If you wish to explore your learning, work or career options, you can speak to a fully Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide -range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through with you individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400

### **Attendance Policy**

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **Will there be any additional costs**

You might like to bring along your own mat and cushion

### **How are IT/Digital Skills used and enhanced on this course?**

You may be directed to online research

### **Health and Safety**

By participating in the live class you accept that you understand that Qi Gong is a physical activity and you understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a live activity and you will need to be suitably dressed and be mindful of the correct Health & Safety processes. MAE is not responsible for damage to person.

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