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Baduanjin (八段锦) Qi Gong Online Workshop

Join a Baduanjin (八段锦) Chinese Qigong Online Workshop hosted by the Confucius Institute and the International Relations Office at the University of the Western Cape. The Baduanjin is one of the most common forms of Chinese Qigong used as exercise. These exercises will release your work or study pressure during this lockdown. Workshop sessions are offered over six weeks by using the ZOOM platform, and there is no cost. All 6 sessions are free!

Please register [here](#) to secure your space for the limited places for each of the workshop sessions. On completion of the six sessions, participants will receive a certificate for participation. A Sports exercise suit or Taiji suit (if you have one) and comfortable sports shoes are required.

Tentative Schedule (Workshop Sessions)

Date	Time	Contents
25 Aug 2021	11:00-11:30	<ul style="list-style-type: none">• About Chinese Qigong and Baduanjin (total eight-section)• 1st Section (two hands hold up the heavens)• 2nd Section (drawing the bow to shoot the eagle)
01 Sep 2021	11:00-11:30	<ul style="list-style-type: none">• 3rd Section (separate heaven and earth)• 4th Section (wise owl gazes backwards)• 5th Section (sway the head and shake the tail)
08 Sep 2021	11:00-11:30	<ul style="list-style-type: none">• 6th Section (two hands hold the feet to strengthen the kidney and waist)• 7th Section (clench the fists and glare fiercely)
15 Sep 2021	11:00-11:30	<ul style="list-style-type: none">• 8th Section (Bunching on the toes)• Ending posture
22 Sep 2021	11:00-11:30	<ul style="list-style-type: none">• Review & Test I
29 Sep 2021	11:00-11:30	<ul style="list-style-type: none">• Review & Test II