



**Eight Movements to Make the Tendons and
Muscles Supple, Strengthen the Bones - Shu Jin
Zhuang Gu Gong - 1st Form: Dao Yin Yang Sheng
Gong Sequences 3 (Dao Yin Yang Shen Gong)**

Zhang Guangde

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Dao Yin Yang Sheng Gong exercises regulate the body, breathing and mind to improve quality of life. This new volume from Professor Zhang Guangde focuses on increasing mobility and flexibility, strengthening the spine and rebuilding strength after illness.

The author offers detailed guidance on the sequence of 8 movements, each designed to relax the body, improving the flow of blood and energy to strengthen a specific bone or muscle group. An accompanying DVD featuring Professor Zhang Guangde, acknowledged as one of the greatest creators and teachers of qigong health exercises, shows how to carry them out effectively and safely. The movements will be especially beneficial for people suffering from neck, shoulder, lower back and spine problems and will help to promote physical self-confidence and achieve higher levels of physical and mental agility.

This book will be useful to practitioners and students of health qigong, and the clear instructions make this book accessible to beginners interested in restoring their health and flexibility.

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