



# Bagua Daoyin: A Unique Branch of Daoist Learning, A Secret Skill of the Palace

*He Jinghan*

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The beautiful, complex movements of Bagua require a lifetime to master fully, but can be practised with significant physical and mental health benefit at any level. In this highly illustrated guide, Master He, a fifth generation practitioner, introduces the ancient Daoist principles on which Bagua is based, its place within the Chinese martial arts, and the approach to life it nurtures. Many pages of photographs illustrate a programme of sequences, showing the beauty of the movements, and the positions and transitions the practitioner is aiming for.

Bagua Daoyin supports and trains the body and the mind to promote balance and harmony. The external movements are echoed in the internal body, which promotes the flow of energy that leads to greatly improved health, a tranquil and focused mind, and increased longevity. Practitioners quickly report reduced stress levels and increased enjoyment of life.

This fully illustrated introduction to Bagua Daoyin will be essential reading for Bagua, Xingyi and Taiji practitioners at all levels, dancers, and indeed anyone interested in improving their physical and mental wellbeing.



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