Baduanjin 八段錦 Mind-body Exercise for cancer related fatigue





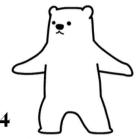
Hold up Heaven with Two Hands to Regulate the Triple Warmers



Draw the Bow to Shoot the Eagle



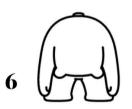
Separate Heaven and Earth to Harmonise the Spleen and Stomach



Wise Owl Gazes Backwards to Heal Diseases and Injuries



Rotate the Head and Sway the Buttocks to Expel the Heart Fire



Hands Hold the Feet to Strengthen the Kidneys and Back



Glare with Clenched Fists to Help with Energy (Qi) Flow



If you are

- ≥ 18 years of age
- Receiving chemotherapy or completed chemotherapy within 6 months
- · Living with any type and stage of cancer
- Suffering from moderate cancer related fatigue
- Able to access and use a smart phone, email and Zoom conferencing app
- · Understand and communicate in English

FREE 8-WEEK ONLINE EXERCISE PROGRAM

