



Eight Treasures

Hold up heaven and harmonize



Will 'wake' your body and tune your mind into a peaceful concentration. The flow of your internal energy is regulated and smooth circulation is encouraged.

Pulling the bow



Strengthens lower back muscles. Energy centred around the kidney area.

Pushing palms



Heal the spleen and stomach through pushing of palms will massage the spleen, stomach and liver.

Turn to look back



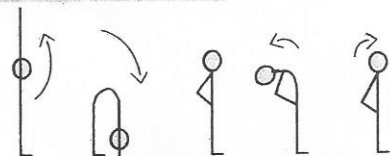
Turn to look back to re-balance energy and emotions through the neck.

Sway the head



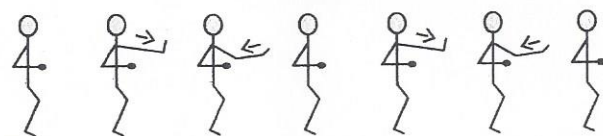
Sway the head to remove fire from around the heart.

Reach to the sky



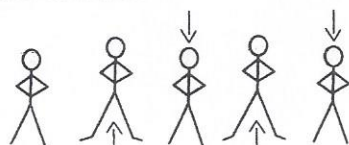
Reach up to the sky to strengthen the kidneys.

Firm fist and striking palm



Build up strength through firm fist and striking palm.

Gentle shakes



Clear up pains by gentle shakes to the body.