YiJin Daoyin

The YiJinjing is an ancient book of muscle strengthening exercises. The word 'Jing' means 'Sutra', and YiJin translates as 'Strengthening the Muscles'. It is said that YiJin exercises are particularly useful for 'purifying the energy body and thus strengthening the physical body'. We call these exercises 'YiJin Daoyin'.

Dr Shen Hongxun's teaching respects the ancient principles of these techniques, yet he teaches the exercises in such a way that they meet the needs of the modern times and conditions that we live in. In this way the YiJin offer both an excellent general fitness regime and can also be used to treat various contemporary health problems.

YiJin exercises differ greatly from the practise of most Taiji forms or QiGong exercises. Many of the principles of the YiJin can be traced back to the E-Mei Daoyin, and similar systems yet the YiJin are less complex which makes them easier to learn. The exercises are performed one by one, and they strongly engage the practitioner's muscle force; this is why one can achieve noticeable results like increased muscle tone and stamina in quite a short time. One does not need a lot of muscle strength in order to be able to do the exercises. Those who are desk-bound, spend too long in front of the computer or TV, driving etc., can greatly benefit from the YiJin, as they counter the negative effects of a sedentary and physically inactive lifestyle.

YiJin exercises can be performed according to individual abilities, and the level of practise can rise gradually, achieving a steady improvement in people of all physical abilities. They are also an excellent means of improving body posture and correcting postural and joint problems. Importantly, when learned correctly, they can help undo the negative side-effects often experienced following incorrect practice of various QiGong or Meditation techniques. YiJin are a tonic for the body and mind that lead to an improved energy, physical fitness and strength.