

# HEALTH QIGONG

## Ba Duan Jin

# ONLINE PRACTICE

## Declaration

### **PRACTICE GUIDELINES:**

- ❖ Ba Duan Jin (BDJ) practice suits all abilities and can be performed sitting or standing.
- ❖ In terms of physical exertion, BDJ is similar to moderate intensity aerobic exercises.
- ❖ Participants who have doubts whether they are medically fit to practise BDJ should consult their doctors and have a medical clearance about their participation before joining.
- ❖ Each lesson lasts for 2 consecutive 30-minute Zoom sessions.
- ❖ Participants are encouraged to have a rest in between movements if needed, and to work within their own comfort zone at all times.
- ❖ Participants are required to read the 'Online Practice Class Information' before the class and comply with the 'To Do List for HQG Practice' listed in the information.

### **Participant's Details**

First Name:..... Last Name.....

Email:.....

### ***Privacy Policy***

*The Participant's details above are for communication between the instructor and the participant only. They will be stored securely and will not be shared with third party, and/or sold to third party for marketing purposes.*

### **Participant's Declaration** (please tick the boxes below)

- I have read the above **Practice Guidelines** and understand that there is an inherent risk in any exercise activity. I agree to abide by the rules set out above.
- I have read the 'Online Practice Class Information' and will comply accordingly.
- I confirm that I have no medical contraindication to participate in BDJ practice.
- I understand that if I have doubts at any time, then it is my responsibility to obtain advice and clearance from my doctor.

**Signature:**.....

**Date:**.....