

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 BDJ Course Information 2024-04' 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:.....

Class to attend: standing / sitting (*please circle the appropriate*)

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 BDJ Course Information 2024-04' 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.
- I agree to turn on the camera during class so that the instructor can see me how I do in class.

Signature:.....

Date:.....

Remarks:

This online BDJ course has an additional offer to people with Parkinson's. Please refer to the word file on 'Online BDJ Course: Tongue Analysis – Personal Declaration' for details.

The participation for Tongue Analysis is **voluntary**. Those who would like to participate, please complete the concerned Personal Declaration and email to Ruby HO as soon as possible. Upon receipt of the Declaration, Ruby will email the instructions on 'How to take tongue photo' to the participants.

Since the number of Tongue Analysis participation is limited to 10 only, First-Come-First-Serve principle will be applied.