

The Eight Little Treasures

The “Eight Little Treasures” is the short form of the Eight Treasures Qigong Form transmitted by the Ni Family Tradition. The Eight Treasures comprises 32 movements arranged into eight sections. The “Eight Little Treasures” selects one movement from each of the eight sections.

- 1. Move the Stars and Turn the Big Dipper**
- 2. The Great Bird Spreads Its Wings**
- 3. The Jade Plate Receives the Morning Dew**
- 4. Turning the Head to Look at Your Star**
- 5. Lying Down to Watch the Constellations**
- 6. Bringing the Stream Back to the Sea**
- 7. Pushing Down the Fierce Tiger**
- 8. The Dragon Flies Throughout the Heavens**

Standing Meditation