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URL: <http://rettop.com/8Pieces.pdf>

Site: <http://rettop.com>

(you can just type in rettop.com in google or in the browsers URL rettop=potter backwards)

Notes:

The following sample videos are for 8 Pieces of Brocades. There are lots of other videos on youtube.

My memory isn't the greatest when it comes to body movement so most of these may have a slight variation from what Nina showed us- but for the most part mirror her.

The number after the title is how long the video is.

8 Pieces of Brocades Qigong

Daily 8 Brocades - Qigong with Don Fiore- 10:09

https://youtu.be/iqeidiqWofA?si=9Q5XORBGP_tQJP7x

Eight Brocades Qigong | 6 Minute Daily Qigong Practice | Follow Me Version- 6:11

<https://youtu.be/9cPYQoB1yik?si=MCAYJwqionhYJKus>

Eight Brocades Qigong Practice with English instruction- 13:44

<https://youtu.be/BQ42w9NZHfA?si=TvWjSyTVWCZ8meCg>

10 Minute Qigong to Start Your Day - Qigong 8 Pieces of Brocade - Qigong for Beginners- 10:15

<https://youtu.be/IKT-UNCvAK8?si=XzEMfZq--OVxz8Hh>