

About Ruby Ho's Health Qigong Ba Duan Jin online course

Hear what the learners said

Ruby is an excellent teacher; it has been wonderful to start learning BaduanJin (BDJ) with her! It is a form of traditional Chinese Qigong, which has a history of many hundreds of years.

This harmonious form of exercise is a powerful routine. It is a gentle workout for every part of the body. Ruby uses step-by-step explanations, using visual stories and imagery to help us understand and remember the sequences. There is so much to learn and to master, I hope Keith and I will continue BDJ into our oldest years!

I would thoroughly recommend BDJ for everyone, including people with Parkinson's. Ruby can adapt the instruction for those who need to be seated. My husband Keith has Parkinson's, and we both did the class together, and are both eager to continue. While Ruby is away, she has given a YouTube link showing the sequence that we can follow, while we remember her teachings for the movements. For us, this will be ideal for the coming winter months, it can be easily done at home. It is quite a blissful experience, as well as really good exercise for mind and body!

Thank you Ruby, this is an exciting form of exercise that is very beneficial in various ways.

Valerie Black 2023-09 Class

The Qi Gong BDJ course is excellent. The gentle movements make it especially suitable for older people and the health benefits are too numerous to mention.

I found Ruby to be professional and dedicated to providing the best teaching she can. Ruby also provides notes after each lesson to explain the movements in more detail, which I found beneficial.

There is a Qi Gong saying: "*How you move is a reflexion of your health*". This is so true, I feel much better in myself, calmer and relaxed. My body feels straighter and my shoulders are no longer tense (I could go on and on). I thoroughly enjoyed the course and would 100% recommend it. What have you to lose?

Teresa Tisdell 2024-04 Class

Attending my first Qi Gong class was quite daunting. I didn't know what I was in for: would I be able to learn the routines, would I be too old to remember the various elements of the routines? Would I look silly?

All my fears were soon allayed. Ruby Ho talked us through every stage of the routines, explaining to us the philosophy behind Qi Gong and demonstrating very clearly how we should stand (which by the way is mainly 'as if' we are sitting on a high bar stool), how we should breathe, how we should move and where to look. With diagrams and written explanations sent to us, there was no reason for us not to understand and practice the steps. And on Zoom Ruby could see us and let us know (very kindly and gently) if we needed to adjust our hands or lower our shoulders for example. While Ruby could see us and we could see her, we couldn't see the other participants, so there was no need to worry about making mistakes.

I embarked on Ruby's course with my husband in the hope that a) it might help alleviate his Parkinson's symptoms and b) it was something we could enjoy learning together. I found that I had no trouble in learning the routine, although placing my arms or legs in the right place is going to take a lot more practice. I found that I really enjoyed our Wednesday Zoom class with Ruby and felt quite disappointed when we had to miss a class when we were away on holiday.

Deborah Gaskell 2024-04 Class

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I have Parkinson's

I have just attended a 10 week course with Ruby. I enjoyed the lessons so much. They really did help to reduce my stress and anxiety. It also helped a lot to ease my back pain which is quite severe. After the lessons I feel so relaxed and able to take on the world. It is absolutely amazing and makes me feel like a new person and more able to cope with the changes in my body. I attended the seated course because my balance is compromised.

Ruby is an excellent instructor. She is very patient and non-tiring because my memory is not what it should be either.

Lynette Adams 2024-04 Class

Ruby is an excellent instructor of Ba Duan Jin, she provided many visual cues, and a detailed instruction guide, to help me remember the stance and movements. She encouraged me to practice regularly and often. Soon the movements became easy, my breathing calmer, and the routine felt like a moving meditation.

Val and I enjoyed the 8-week class so much that we later joined Ruby's 10-week course. This was a good move as the more we practised under Ruby's tutelage, the more imperfections in our practice were identified and corrected.

Ruby brought her great sense of humour to the class helping us to relax and enjoy the wonderful practice of Health Qigong, Ba Duan Jin. She was always happy to receive and answer our questions.

I highly recommend the classes to everyone, especially to people with Parkinson's.

Thank you Ruby.

Keith Black 2024-04 Class

Ruby introduced me to the concept of Health Qi Gong more than a year ago. I started with her on a one to one and when she started her course back in June 2023, I signed up to learn Ba Duan Jin and so far , completed 3 courses and will join when the August course begins. I find it beneficial to continue as it helps to improve my technique. It also gives me some me time to focus on my health, doing gentle movement that encompass the various muscles of our body, helping to relax and ease some of our symptoms – stiff neck, achy shoulders and arms, leg pain and balance issues. Comparing the first video on my posture and movements over a year ago to now, I am definitely in a better place.

Ruby is kind and generous with her time, offering these courses free to those who are interested to learn from her. She has invested a lot of time and effort into the course and producing handouts for each session which are clear and easy to understand. The programme for the course is well thought out. At the end of each sessions, opportunity is there to ask questions and clarity. She is also a qualified Occupational Therapist, which enable her to relate to our symptoms. She lives up to her name. Ruby is a gem.

Evelyn Koh 2024-04 Class