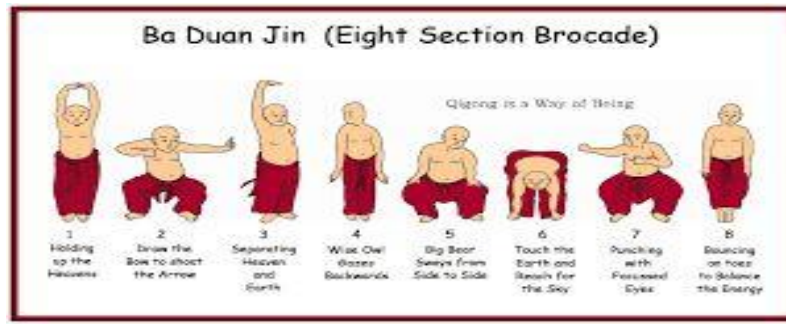


Exercise Videos for Seniors



BA DUAN JIN - 八段錦

1. [Ba Duan Jin \(Health Qigong\) - Step by Step Instructions – Short Version](#)
2. [Ba Duan Jin / Eight Silk Brocades 八段錦 – Long Version](#)
3. [Shaolin Qi Gong 八段錦 Ba Duan Jin - Long Version](#)



YOGA

1. [Balance Exercise for Seniors](#)
2. [Leg Strengthening Workout for Beginners and Seniors](#)
3. [Best Balance Exercises for Seniors](#)
4. [Ten Best Balance Exercises from Physical Therapist](#)