

Qi-Gong Balls



PEQG100

A melodious fitness device for all hands that need relaxation! In China where the ancient art of healing has been cultivated for many ages, Qi-Gong Balls are a widely used means of relaxing the nerves and to develop the flexibility of the fingers.

The trick is to spin two balls in one hand without letting them touch each other. In that way the liveness of hand and lower arm is improved immensely. After 10-15 minutes you change the spinning direction, then repeat the same procedure with the other hand. At the same time the acupuncture spots of the hand are stimulated, which positively influences the whole nervous system.

Each ball creates a sound while moving; as a pair, a light and a deep tone are combined which expresses Yin and Yang. Try them! After a while you too will gain mastery over these melodious balls.