

SPORTS / RECREATION / COMBAT SPORTS

Master Jianye Jiang and Chinese Yoga for Longevity

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Yoga is a [mind-body exercise](#) with a good stretch routine. [Master Jianye Jiang](#) integrated his long-term studies in Qigong and [Tai Chi](#) and created Chinese Yoga. Chinese Yoga provides a well-balanced program for [longevity](#) with a stretch exercise. Master Jiang taught this simple but profound routine at the recent [Tai Chi Gala](#) in Albany, New York.



View
1 photo

Master Jiang led Chinese Yoga practice during Tai Chi Gala

Violet Li



Violet Li

According to Master Jiang, the stretch exercise has origins dated over 2000 years ago in China. In the [Mawangdui Tomb](#) excavated in Hunan Province, beside a 2100-year old preserved female body, there was a brocade, on which was depicted 66 stretching poses. The famous Chinese doctor [Hua Tuo](#) (145 – 208 A.C.E) was credited for inventing [the Frolics of Five Animals \(Wu Qin Xi\)](#) for health and longevity. Shaolin's [Yi Jin Jing](#) (Muscle/Tendon Change Classic) is also an excellent stretching exercise.

Shifu Jianye Jiang was born in 1950 in China. He has studied Wushu from the age of 5, learning from well-known masters such as Yu Mingwei, Yu Hai and many others in the areas of Tai Chi, Qigong, and Shaolin martial arts. He received a BA and master's degrees from [Qufu Normal University](#) and [Shanghai Physical Education Institute](#). Master Jiang is a national and international judge for Tai Chi and Kung Fu in China and the U.S. He has produced more than 200 Tai Chi, Qigong, and Shaolin martial arts teaching DVDs. He also taught a few thousand students both in the U.S. and abroad. With his experience, he felt the need to create a mind-body-spirit regimen which focused on stretching to promote longevity. In 2006, he designed a 10-pose routine and received overwhelming positive response. Later, he expanded it and designed medium level, advanced level, and master level routines, which incorporate Tai Chi balls, rubber bands, and short staffs in the forms. In 2009, he produced four teaching DVDs for Chinese Yoga. In the Tai Chi Gala workshop, he taught the Beginner/Senior routine.

The underlined principle of Chinese Yoga is learning from animals. Master Jiang states that turtles live a very long life and some survive a thousand years. A turtle's neck is very flexible and moves all directions. Master Jiang points out that many people suffer from neck pain and headache due to sitting in front of a computer too long and the neck is not getting proper alignment or exercise. Human beings

are the only vertical creatures standing on two feet with an upright spine. With aging, our spines compress, which can cause many ailments. On the other hand, snakes have an extremely flexible spine. Jiang's Chinese Yoga focuses on neck exercise and spine stretching. In addition to imitating turtle and snake movements, Shifu Jiang also modeled after swallows and butterflies' movements and traits of mythical sacred animals of dragons and phoenixes.

The Health Preservation Association (HPA) is an association founded by Master Jiang. Its goal is to train competent, highly qualified instructors to help prevent illness for healthy individuals, and to support persons with chronic illness to regain and maintain maximum health and longevity. Chinese Yoga has been a core curriculum for HPA. Today, certified HPA instructors have been helping people in many U.S. cities.

Many of the workshop attendees really enjoyed Chinese Yoga. They also appreciate the convenient feature of it, in which there is no need for a mat, and people can practice it at any time and anywhere.

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