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 Wu Qin Xi or Five-Animal Exercises imitating the movements of animals and birds, is a group of physical and breathing exercises for health care with a uniquely Chinese national flavor. The system was designed by Hua Tuo, a leading physician of the Eastern Han Dynasty (25-220 AD).
 Chinese Health Qigong: Wu Qin Xi (DVD Attached): Compiled ...I have 27 years experience training in Qigong, Tai Chi and Karate. Among the various qigong videos and books I have, I would rate Wu Qin Xi as excellent. Both the book and the DVD provide clear and easy to follow instructions for this version of five animal qigong. The beauty and benefits of qigong are in the practice.
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