



Fig. S1 The main movements of Yinjining. The teacher in the video is a member of the research group. Permission to use the image has been obtained from the individual. A The third aspect of Wei-tuo. B Taking away a star and changing the Dipper for it. C Nine demons drawing their swords. D Bowing and salutation. E Wiggling the tail. It is recommended that participants perform the movements within their comfort range and stop if they experience any pain.