

Ba Duan Jin Qi Gong



with **FANG QIN & PAIGE OLSEN**

OCTOBER 16 & 17, 9AM - 4PM

- Learn this authentic Qi Gong form in an easy step-by-step manner
- Learn to Cultivate Qi through deep breathing and Qi Gong postures for better relaxation and more vitality
- Focus on spinal health, body strengthening and balance by practicing spinal rotation and grounding in all movements
- Aim to improve cardiovascular, respiratory, nervous and digestive functions
- Learn meridians and acupressure points for deeper understanding of Qi flow
- Includes workshop handouts and morning and afternoon refreshments



Heartland ~ Aldinga Scrub

(directions will be provided upon booking)

Fang 0425 845 788 **Paige** 0434 741 503

\$225 per person

(\$195 current students/past participants)

Bookings online at:
meridian-connection.com.au/workshop



Born and raised in China, Fang is a three-time International Tai Chi Champion and well trained Tai Chi and Qi Gong practitioner with particular interest in internal martial arts (known as Nei Jia Gong) and energy Qi flow. She founded Meridian Connection in 2012 and since then has been running classes and workshops in Adelaide.

Paige moved to Adelaide from California where she was trained in Acupuncture & Chinese Medicine as well as Tai Chi, Qi Gong and Taoist meditation. She and her partner moved to Heartland in 2015 where they offer classes and day retreats for wellness and Qi cultivation.