

5 ANIMAL QI GONG



November 27 & 28
9am - 4pm

- Learn this authentic form in an easy step-by-step manner with daily guided meditations
- Discover movements & characteristics of tiger, deer, bear, monkey & bird
- Learn functions of internal organs & meridians plus principles of Qi & Blood circulation
- Aim to improve cardiovascular & respiratory functions as well as body strength & flexibility
- Workshop includes handouts and morning & afternoon refreshments

HEARTLAND

(In the Aldinga Scrub. Directions provided upon booking.)

\$225 PP
(\$195 CURRENT STUDENTS)

BOOKINGS ONLINE AT:
MERIDIAN-CONNECTION.COM.AU/WORKSHOP



Fang Qin
0425 845 788

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 Olsen
0434 741 503

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 founded Heartland in 2015 where they offer classes and day retreats for wellness and Qi cultivation.