



'Five Animal' Qi Gong Workshop (*Two Seminars*)

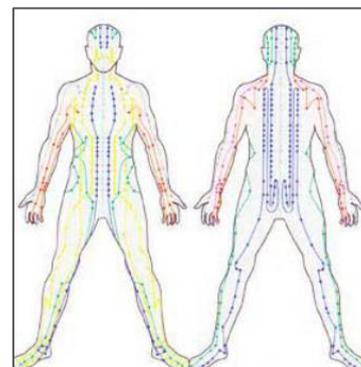
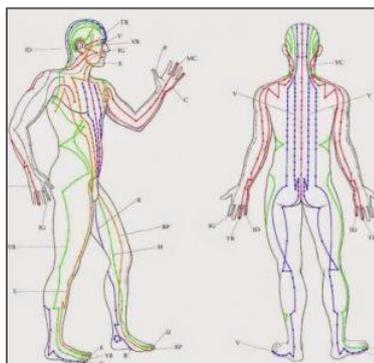
五禽戏 presented by **Fang Qin**

Wu Qin Xi 'part 1': **Tiger, Deer & Bear**

Saturday 2 April 2022 ~ 2.30 – 4 pm on ZOOM

Wu Qin Xi 'part 2': **Monkey & Bird**

Saturday 16 April 2022 ~ 2.30 – 4 pm on ZOOM



- > Learn this authentic form in an easy step-by-step manner
- > Discover movements and characteristics of the: **tiger, deer, bear, monkey & bird**
- > Aim to improve cardiovascular & respiratory functions as well as body strength & flexibility
- > **Self-care:** Fundamental acupressure points & meridian lines explained

Fang Qin was born and raised in China. She is 3-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 Tai Chi' in 2012 and since then has been running regular classes and workshops in Adelaide.

REGISTRATION and PAYMENT: to be received by 30 March 2022

To register, **reply** this email to seminar@taichiaustralia.com, and pay

For the 2 seminars: TCAA member fee: \$30 Non-member fee: \$40

by filling in the information for either

DIRECT DEPOSIT

or

CREDIT CARD

below

MEMBERSHIP: (Non-members may opt to join the TCAA and pay the member seminar fee)

LINK to join as a member: [TCAA NewRenewApplication 201912.pdf \(taichiaustralia.com\)](#)

1 year \$30, 4 years \$100

DIRECT DEPOSIT

Transfer: TCAA member seminar fee: \$30; or Not member: \$40

Into:

Name: Tai Chi Association

BSB: 062-196 AC No: 10604158

Description on "recipient's statement": "OLS-08" "Member Num" Given Name;

eg: 'OLS08 1024 John' (If not member write NMem instead of providing Member Num)

Save PDF of the receipt, attach to email, and SEND to seminar@taichiaustralia.com

You will then receive by 31 Mar 2022 a ZOOM link to join the seminar

CREDIT CARD

TCAA member seminar fee: \$30; Not member: \$40

Card No: ----/----/----/---- Expiry: --/--

Name on card: -----

Member Num: ---- (if not member, enter NMem)

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