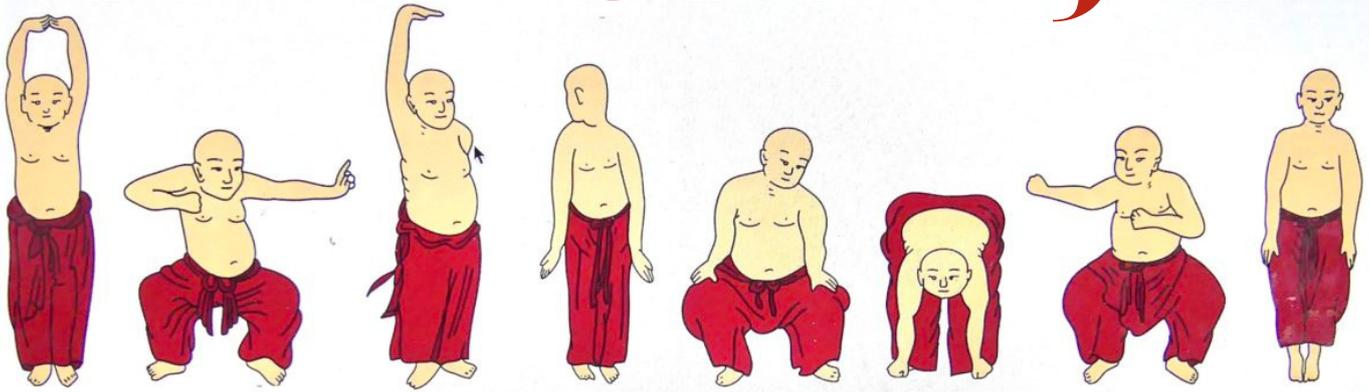


# BA DUAN JIN



FANG QIN & PAIGE OLSEN

**HEARTLAND, Aldinga Scrub**

APRIL 9 & 10 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 booklet

\$225 per person

(\$195 current students & past participants)

*We appreciate that your circumstances may change,  
please see our cancellation policy online.*

**For bookings and further details:  
[www.meridian-connection.com.au/workshop](http://www.meridian-connection.com.au/workshop)**



**Fang** 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 & energy Qi flow. She founded Meridian Connection in 2012 and since then has been running classes and workshops in Adelaide.



**Paige** 0434 741 503

Paige moved to Adelaide from California where she was trained in Acupuncture and Chinese Medicine as well as Tai Chi, Qi Gong and Taoist meditation. She and her partner founded Heartland in 2016 where they offer classes and day retreats for wellness and Qi cultivation.