

BA DUAN JIN LEVEL II

FANG QIN & PAIGE OLSEN



Heartland

OCTOBER 29 & 30, 2022 ~ 9AM - 4PM

- Deepen your knowledge of Ba Duan Jin in this weekend of well-structured, value-packed, practice & study
- Learn about Jing, Qi & Shen & how it relates to Qi Gong practice
- Review related meridians & acupressure points
- Receive efficient learning & teaching methods for self growth
- Space & time for guided meditation, interactive practice & individualized mentoring
- Tea & light refreshments available



\$330 per person
\$295 past participants

BOOKINGS & DETAILS:
meridian-connection.com.au/workshop

Fang 0425 845 788

Paige 0434 741 503



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 flow. She founded Meridian Connection in 2012 and since then has been running classes and workshops in Australia.

Trained as an Acupuncturist and Chinese Medicine practitioner, Paige has been practicing Tai Qi, Qi Gong and meditation for over 20 years. She moved to the Fleurieu Peninsula from Southern California in 2015 and with her husband, founded Heartland as a center for education and healing.