

# Ba Duan Jin Qi Gong

FANG QIN & PAIGE OLSEN

May 6 & 13, 2023



2 Saturdays from 9:30 - 4:00

- Investigate the integration of mind/body connection with posture & breath
- Deepen your knowledge of "Kua" (hip/pelvic regions) to become more grounded
- Cultivate the three Dan Tians (energy centers)
- Introduce important acupressure points for reducing pain and boosting energy
- Handouts included for new students

Investment:

\$180/day or \$330/2 days

\$160/day or \$295/2 days (past participants only)

Bookings & Details: [meridianconnection.com.au/workshop](https://meridianconnection.com.au/workshop)