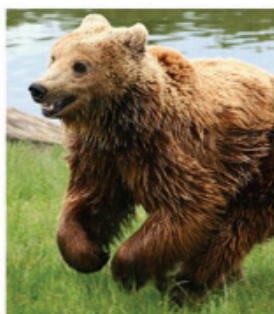


5 ANIMAL QI GONG

with Fang Qin & Paige Olsen



October 17&18
9:30-3:30

- Learn an authentic form through clear, step-by-step guidance
- Flow with the inner energy and traits of the Five Animals
- Explore the Five Elements connected to your movements and Qi
- Rest and center yourself with integrated meditation
- Enhance cardiovascular health, flexibility, and body strength
- Morning & afternoon refreshments provided

ALULA

(Next to the Aldinga Conservation Park. Directions provided upon booking.)

TWO DAYS \$250
(\$220 CURRENT STUDENTS)
ONE DAY \$135
(\$120 CURRENT STUDENTS)



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 has been an avid practitioner of Qi Gong, Tai Chi and meditation since 1999, and has been working as an Acupuncturist and Chinese Medicine practitioner since 2006. She teaches Qi Gong at her home Alula.

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