

TRADITIONAL
*Qi*energy



TRADITIONAL QI
FABULOUS ABS
WORKSHOP

太極

Say, '**Goodbye flab**' and '**Hello abs**'
with our **Fabulous Abs workshop!**

Work the midsection in ways you've
never worked it before.

Use ancient Chinese wisdom to focus
energy on the Dan Tian, a deep en-
ergy centre below the belly button.

Lifts the pelvic floor and straightens
the spine.

Done regularly, Fabulous Abs will
keep you **slim, upright** and **energetic**.

When: Saturday 22nd January
2011

Where: Traditional Qi

Time: 10:am - 1:00pm

Cost: \$60

For bookings or enquiries please
contact us on the details below

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