

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 energy centre below the belly button.

Stretch the column in the centre of the body to strengthen energy, help with **natural curves**.

Done regularly, Fabulous Abs (**Dosun Qi Gong**) will keep you **slim, upright** and **energetic**.

Fabulous Abs Workshop