



Dr Su Lin Wan
Medical Acupuncturist

*MBBS Bachelor of Medicine and Surgery
FRACGP Fellow of Royal Australian College of General Practitioners
AHPRA Registered Medical Acupuncturist
AMAC Australian Medical Acupuncture College Member*

Dr Su Lin Wan currently has her GP acupuncture clinic in South Perth where she predominately practices acupuncture. She is a registered medical acupuncturist with the Australian Medical Acupuncture College since 2010 having trained in Perth, Sydney and Japan.

Dr Wan has been meditating for 15 years. She is a certified Instructor of Master Liu De Ming, fifth generation lineage holder of the Ziran Qigong tradition.



Meditation and acupuncture

Qigong incorporates a range of practices, principally cultivating the body, breath and mind. This has been a vital part of Chinese culture and medicine for over 2000 years. This is the foundation from which you will learn your meditation practice through acupuncture and experience the benefits of relaxation and enhancing performance.



Murdoch
UNIVERSITY



Murdoch University Health: Medical, is offering wellness courses for staff with Dr Su Lin Wan. The four-week course will train you in qigong meditation techniques with the guidance of acupuncture.

- Week one: Deep relaxation for stress and anxiety
- Week two: Natural breathing method (abdominal breathing)
- Week three: Meridian cleansing
- Week four: Revision of techniques

Receive personal instruction, guidance and answers to your questions, and experience the benefits of guided qigong meditations in a friendly group setting.

Discover which type of meditation best suits your needs, and how different techniques can be useful at different times.

You will leave this course with tools you need for your own daily meditation practice for wellbeing.

For information re course bookings, dates and costs, please contact Murdoch University Health: Medical on 9360 2293 or enquire via email medicals@murdoch.edu.au for a registration form.

www.murdoch.edu.au/Medical/

