



## Source of Serenity

The word, Jing-An, literally translates as "Source of Serenity", which was what Dr Michael Lan envisioned to offer South Africans when he started his business. **Jing-An – The Asian Wellness Experience**, was established 14 years ago and continues to offer a natural, non-invasive form of healing the body; based on the ancient Chinese practices he was trained in. DrLan saw the need for Western Cultures to embrace a NEW level of awareness within themselves by discovering their Chi (inner strength). He wanted to encourage people to incorporate the ancient art of Chinese Medicine Healing into their lives and to find a balance between Eastern and Western philosophies. **Jing-An** has achieved that. He is a traditional Chinese Medicine Practitioner and an accomplished Martial Artist. He has been interviewed by many health & wellness magazines & TV programmes - Men's Health, Longevity and Free Spirit, to name a few. Over the years DrLan has taken the art of Traditional Chinese Medicine to a whole new level and is committed to improving the lives of his clients. For info on Jin-an, contact their wellness centre in Gardens - 021 422 5608 or email [info@jing-an.co.za](mailto:info@jing-an.co.za) or visit [www.jing-an.co.za](http://www.jing-an.co.za).