

RESTORING NATURAL HARMONY

QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- lunch (bring a plate to share)
- morning and afternoon tea
- all tuition with Qigong Master Simon Blow
- meditation sessions
- 'Restoring Natural Harmony' Book & DVD



PROGRAM

SATURDAY

<u>8.45am</u>	Arrive
<u>9.00 am</u>	Preparation movements then Section No 1 Holistic Harmony and Section 2 Earth Element
<u>10.30am</u>	Morning tea
<u>11.00 am</u>	Section No 3 Metal Element
<u>12.30 pm</u>	Lunch
<u>1.30 pm</u>	Section No 4 Water Element and Section No 5 Wood Element
<u>3.00pm</u>	Afternoon tea
<u>3.15 pm</u>	Section No 6 Fire Element
<u>4.30pm</u>	Finish



COST

\$100: Early Bird discount/student or concession discount **\$90** to receive early bird discount, payment must be received before 29th Jan 2016

ONE DAY WORKSHOP

Maleny Neighbourhood Centre
17 Bicentenary Lane Maleny QLD
Saturday 6th February 2016

Qigong is the dynamic art of effortless flow. Simon Blow has been a professional Qigong teacher (Laoshi) since 1992, He has received World Health Organisation certification in Medical Qigong clinical practise and has been initiated into Dragon Gate Daoism and given the name Xin Si, meaning Genuine Wisdom. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, Simon is also a Standing Council Member and Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

'Restoring Natural Harmony' comprises the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China. Guigen Qigong is a Traditional Chinese Medicine exercise and is featured in Simon's Book/DVD Restoring Natural Harmony. The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity as well as developing spiritual perception and awareness.

Learn simple flowing sets of movements for the different organ groups of the body, Spleen, Lungs, Kidney, Liver and Heart which relate to the five elements - Earth, Metal, Water, Wood and Fire. These internal exercises help regulate the meridian system bringing harmony to mind, body and spirit.

With regular practise Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and help individuals maintain a healthy and active life. Simon conducts many retreats and workshops throughout Australia and has been leading specialist training tours to China to learn from masters at the source since 1999

Bookings are essential please
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www.simonblowqigong.com