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 Dayan - 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 and develops 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 contact

Jaye Roberts for information or booking
jaye@essenture.com.au
Tel: 0414898262
www.simonblowqigong.com

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
10.15am Arrive
10.30 am Preparation movements then
Section No 1 Holistic Harmony, Section 2
Earth Element & Section No 3 Metal Element
12.30 pm Lunch
1.30 pm Section No 4 Water Element
and Section No 5 Wood Element
3.00 pm Afternoon tea
3.30 pm Section No 6 Fire Element
Review and practise Six Sections of Guigen
Qigong and Meditation
5.30 pm Finish

SUNDAY
9.00 am Review and practise Six
Sections of Guigen Qigong and Meditation
10.30 am Morning tea
11.00 am Practise Six Sections of Guigen
Qigong and Meditation
12.30 pm Finish

COST
$150 Early Bird discount $140
to receive early bird discount, payment
must be received before 12th February