

# Da Yan Wild Goose Qigong

with Qigong Master Simon Blow

## WHAT'S INCLUDED

- vegetarian breakfast, lunch and dinner
- morning and afternoon tea
- 4 nights' accommodation
- all tuition with Master Simon Blow
- meditation sessions
- "Da Yan Wild Goose Qigong" Book & DVD

A two hour drive south west of Launceston, Dorje Ling Retreat Centre is situated on 48 acres of native forest in the beautiful and secluded Lorinna Valley by Lake Cethana, just north of the Cradle Mountain and Lake St Clair World Heritage Park. This peaceful sanctuary has a healing power which has been recognised by all who have meditated here.  
[www.tashicholing.net](http://www.tashicholing.net)



The 1<sup>st</sup> 64 Movements  
19 – 23 January

The 2<sup>nd</sup> 64 Movements  
23 – 27 January

**COST per retreat**  
**\$620**

**IF YOU ATTEND BOTH RETREATS:**

**\$1120**

## 2 x 5 DAY RESIDENTIAL RETREAT 19<sup>th</sup> to 27<sup>th</sup> January 2018 Dorje Ling Retreat Centre Lorinna Valley, Tasmania

**Da Yan** translates to the great bird and is an ancient Qigong practise that was developed by Daoist Masters about 1700 years ago in the sacred Kunlun Mountains in south west China. Its healing legacy has been passed down through many generations and Simon is an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang.

The movements represent the flight of Wild Geese and help to expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate fresh Qi. **The first 64 Movement** set deals primarily with the "post natal" body and addresses illnesses or injuries that have developed as a result of everyday life. Having dredged the channels in the first 64 form, **the second 64 movement** set deals primary with the "pre natal" body and is designed to clear the channels, absorb fresh Qi, expel stale Qi and restore organ balance

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and initiation into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom. An initiated student and 29th Generation of Dayan - Wild Goose Qigong, Simon is a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

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. He is also the author of numerous books, DVDs and meditation CDs about the ancient Chinese healing arts

Bookings are essential please contact  
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