

QIGONG RETREAT

in BALI

with Master Simon Blow



What's Included

- airport transfers and shuttle to Ubud
- 8 nights' accommodation in an air conditioned Delux Room at Bhanuswari Resort and Spa, just outside Ubud
- daily breakfast in The Terrace
- a welcoming traditional tapas dinner in Ubud and a farewell buffet at Bhanuswari
- 12 guided Qigong sessions on the edge of the rice fields with one day off to rest or to explore beyond Ubud
- a trip to the beach near Candidasa
- afternoons free to explore or relax
- a 3 hour luxurious pamper spa package

What's Not

- your return airfare, taxes and Visa
- travel insurance (compulsory)
- 7 lunches and evening meals



Explore the cultural beauty and grace of Bali. Start the day with meditation and movement enveloped in the morning beauty, surrounded by the wonders of the Balinese landscape then spend the afternoons exploring the cultural heritage of this magical island. Taste exotic cuisine lovingly prepared with fresh local ingredients and enjoy free time to indulge your curiosity.

COST

\$1,245 p.p twin share
\$1,475 single room

LAND COSTS ONLY

Numbers are strictly limited. Closing date for bookings
~ 3 March 2015 ~

FOR THE FIRST TIME

Master Simon Blow invites you to join him at a boutique resort just outside UBUD in BALI, the Island of the Gods.

You'll be guided through a Qigong practice in a purpose built open-aired shala as you gaze over the rice fields

3rd – 11th JUNE 2015

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 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 also a Standing Council Member of the World Academic Society of Medical Qigong, Beijing.

'Restoring Natural Harmony' comprises the Qigong cultivation techniques – a flowing sets of movements for the different organ groups of the body - the 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.

Join Master Simon Blow and organiser Anne Love amongst the rice fields of Bali for 9 days and 8 nights to refresh, rejuvenate and revive. Start the day with meditative, calm movement, enveloped in the morning stillness, surrounded by the wonders of the Balinese landscape.

A perfect place to recharge, revive and restore, spending precious time connecting back to yourself whilst absorbing the essence and restoring harmony and well-being.

Please contact Anne Love for information or booking details:
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www.simonblowqigong.com