

Da Yan Wild Goose Qigong

with Qigong Master Simon Blow

WHAT'S INCLUDED

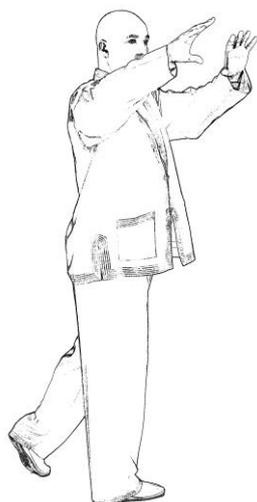
- All tuition with Master Simon Blow
- Meditation sessions
- "Da Yan Wild Goose Qigong" Book & DVD
- Bring a plate to share for lunch

PROGRAM

SATURDAY and SUNDAY

10.00 am	1 st session Wild Goose Qigong
11.30am	Meditation
12.00 pm	Lunch and free time
1.00 pm	2 nd session Wild Goose Qigong
2.30pm	Meditation
3.00 pm	finish

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 Da Yan - Wild Goose Qigong, Simon is a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.



COST \$420

The 1st 64 Movements 2 WEEKENDS

Creativity and Community Wellness Ct
150 Michell Road, Thirlmere

4th – 5th March 2017
18th – 19th March 2017

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 the Northern Himalayan area, 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 it helps 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

With regular practise Qigong helps 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. 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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