



# THE ART OF LIFE QIGONG



with Qigong Master Qigong Simon Blow

## WHAT'S INCLUDED

- morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- all tuition with Qigong Master Simon Blow
- "The Art of Life" Book & DVD

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practice 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 also a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing, China.

**The Art of Life** presents the Qigong styles that were taught to Simon in Australia and follow his journey from a near-fatal accident to discovering the Chinese healing arts and becoming an inspiring, internationally respected teacher. This practice will help start you on your own journey of physical healing and emotional and spiritual growth. It is suitable for new and continuing students of all.

**Taiji Qigong Shibashi** is a popular practice made up of eighteen gentle, flowing movements that harmonise mind, body and breath, strengthening the whole body, massaging internal organs, exercising muscles and lubricating joints as it increases the circulation of Qi and blood throughout the body.

## ONE DAY WORKSHOP

John Gebhardt Room, Ethnic Community  
Council 2A Platt Street Waratah

**Saturday 24<sup>th</sup> February 2018**  
**9.30am to 4.30pm**

With regular practice Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and helps 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

## COST

**\$100 Early Bird concession discount \$90**

*to receive early bird discount, full payment must be received before  
16th February 2018*

**Bookings are essential please contact  
Autoimmune Resource & Research Centre**

[arrc@hnehealth.nsw.gov.au](mailto:arrc@hnehealth.nsw.gov.au)

**Tel: (02) 4921 4095**

[www.simonblowqigong.com](http://www.simonblowqigong.com)