

SIX UNITY EXERCISE QIGONG

with Qigong Master 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
- *'Six Unity Exercise'* 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.

Liu He Gong – Six Unity Exercise is an ancient health cultivation practise which has been influenced by the philosophy of Daoism and Traditional Chinese Medicine and further developed by experts and Professors at the Shanghai Qigong Research Institute in China. The word Liu He refers to the six directions upward, downward, East, West, South and North. The exercise allows the practitioner to connect with and become an integral part of the universe/environment.

ONE DAY WORKSHOP

Hastings Public School

Waniora Parkway, Port Macquarie

Saturday 14th April 2018

9.30 am 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

\$110 or Early Bird/concession discount of \$100

To receive the early bird discount, payment must be received before 6th April 2018.

Bookings are essential

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