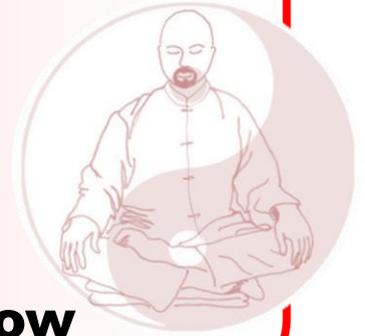


# QIGONG

## Teacher Training

Level 1 and 2

with Qigong Master Simon Blow



### WHAT'S INCLUDED

- morning and afternoon tea
- breakfast, lunch and dinner
- all tuition with Qigong Master Simon Blow
- meditation sessions
- and much more

### PROGRAM

Starts Thursday 9.00am then daily program

Finishing Sunday 3.30pm

Saturday celebration dinner at local Chinese restaurant

|          |   |
|----------|---|
| 6.30 am  | 1 <sup>st</sup> session (except Thursday) |
| 7.30 am  | Breakfast and free time                   |
| 9.00 am  | 2 <sup>nd</sup> session                   |
| 10.30 am | Morning tea                               |
| 11.00 am | 3 <sup>rd</sup> session                   |
| 12.30 pm | Lunch and free time                       |
| 2.30 pm  | 4 <sup>th</sup> session                   |
| 3.30 pm  | Afternoon tea                             |
| 4.00 pm  | 5 <sup>th</sup> session                   |
| 6.00pm   | Dinner                                    |
| 7.30pm   | Qigong meditation Thursday and Friday     |



**COST \$700**

### FOUR DAY WORKSHOP ONE TO ONE WELLBEING CENTRE 121 Binney Street Euroa VIC Thursday 25<sup>th</sup> – Sunday 28<sup>th</sup> APRIL 2019

Join Qigong Master Simon Blow as he shares his twenty five years of teaching experience in a four day intensive teacher's training workshop. Simon will be imparting valuable skills and teaching the Qigong cultivation methods from his books *The Art of Life* and *Restoring Natural Harmony*. This is the first level of training with another intensive workshop and assessment within twelve months to receive an instructor's certificate. Simon Blow has received certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and has been initiated 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, Beijing.

**Ba Duan Jin** translates to the Eight Method Essence and is also known as Daoist Yoga. It is one of the most widely practiced and best known forms of Qigong consisting of eight simple exercises that stretch the major muscles and organs of the body and stimulates the meridian system.

**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 through the body.

**Guigen Qigong** is a Traditional Chinese Medicine exercise that helps to regulate the meridian system. Learn simple flowing sets of movements for the different organ groups of the body, 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.

With regular practise Qigong helps cleanse the body of toxins, 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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