

# Da Yan Wild Goose Qigong

with Qigong Master Simon Blow

## WHAT'S INCLUDED

- vegetarian breakfast, lunch and dinner
- morning and afternoon tea
- all tuition with Master Simon Blow
- meditation sessions
- "Da Yan Wild Goose Qigong" Book & DVD

Only a two hour drive or train trip north east of Melbourne. One to One Well Being Centre is set in the heart of Euroa, situated in a grand old house built in 1895. A large group room was completed in 2011. Enjoy morning sessions under the trees on the banks of the beautiful Seven Creeks. [www.onetoone.net.au](http://www.onetoone.net.au)



The 1<sup>st</sup> 64 Movements  
19 – 22 October

The 2<sup>nd</sup> 64 Movements  
23 – 26 October

**COST per retreat**  
**\$480**

**IF YOU ATTEND BOTH RETREATS:**  
**\$900**

**2 x 4 DAY INTENSIVE WORKSHOP**  
**19<sup>TH</sup> to 26<sup>TH</sup> October 2019**  
**One to One Wellbeing Centre**  
**121 Binney Street, Euroa, Victoria**

**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 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 help to 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. Having dredged the channels in the first 64 form, **the second 64 movement** set deals primary with the "pre natal" body and is designed to clear the channels, absorb fresh Qi, expel stale Qi and restore organ balance

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

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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