

THE SIX HARMONIES 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
- "Six Unity Exercise" DVD
- 2 nights' accommodation - twin or triple share with en suites
- Single room supplement extra \$25 per night

PROGRAM

FRIDAY

- 3 – 4 pm Arrive
- 4 – 5 pm Ba Duan Jin and Meditation
- 6.00 pm Dinner
- 7.30–9pm Six Healing Sounds and Meditation

SATURDAY

- 6.30 am Ba Duan Jin and Meditation
- 7.30 am Breakfast and free time
- 9.00 am Six Unity Exercise and Meditation
- 10.30 am Morning tea
- 11.00 am Six Unity Exercise and Meditation
- 12.30 pm Lunch and free time
- 3.30 pm Afternoon tea
- 4.00 pm Six Unity Exercise and Meditation
- 6.00 pm Dinner and free time
- 7.30–9pm Six Healing Sounds and Meditation

SUNDAY

- 6.30 am Ba Duan Jin and Meditation
- 7.30 am Breakfast and free time
- 9.00 am Six Unity Exercise and Meditation
- 10.30 am Morning tea
- 11.00 am Six Unity Exercise and Meditation
- 12.00 pm Lunch before we say 'farewell'

3 DAY RESIDENTIAL RETREAT
Centre for Spiritual Learning
150 MACARTHUR DRIVE, WILTON, NSW

12th - 14th APRIL 2019

QIGONG pronounced Chi Gung is an ancient healing system that has evolved over thousands of years to help improve people's quality of life; it is a part of the holistic system of Traditional Chinese Medicine (TCM). The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity and develops spiritual perception and awareness.

SIMON BLOW has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise and has been initiated into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom. An initiated student and 29th Generation of the ancient Da Yan - Wild Goose Qigong, Simon is a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

SIX UNITY EXERCISES 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, China.

SIX HEALING SOUNDS gentle movements and mantras which vibrate and massage the internal organs of the body. This also harmonises our emotions creating a state of inner peace.

The Brahma Kumaris Centre for Spiritual Learning is a peaceful oasis of gardens and bushland. A one and a half hour drive south west of Sydney near Picton. Simon Blow Qigong thanks Brahma Kumaris Australia for making their beautiful retreat centre available to them for this retreat.

COST
\$350

Bookings are essential please
contact Simon Blow:

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