

THE ART OF LIFE QIGONG

with Master Simon Blow



WHAT'S INCLUDED

- morning and afternoon tea
- Bring a plate to share for lunch
- all tuition with Qigong Master Simon Blow

PROGRAM

SATURDAY

- 8.45am Arrive
9.00 am Ba Duan Jin and Meditation
10.30 am Morning tea
11.00 am First six movements Shibashi followed by Meditation
12.30 pm Lunch
1.30 am Second six movements Shibashi followed by Meditation
3.00 pm Afternoon tea
3.30 pm Third six movements Shibashi followed by Meditation
5.00pm Finish



COST

\$80 Early Bird discount **\$75**
to receive early bird discount, payment must be received before 13th February

ONE DAY WORKSHOP

Maleny Neighbourhood Centre
17 Bicentenary Lane Maleny, Qld

Saturday 21st February 2015

Qigong is the dynamic art of effortless flow. Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise 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 also a Standing Council Member and Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

“The Art of Life” presents the Qigong styles that were taught to Simon in Australia and follows 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 ages and will include the following sections:

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.

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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