

# THE ART OF LIFE QIGONG



with Qigong Master Qigong 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
- *The Art of Life* Book & 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.

*The Art of Life* presents the Qigong styles that were taught to Simon in Australia and follow 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 practised and well 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 throughout the body.

ONE DAY WORKSHOP  
JYOTI RIVER HEALING  
Level 1, Macquarie Chambers,  
69 Macquarie St Dubbo NSW

**Saturday 23<sup>rd</sup> March 9.30am 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

**\$120 or Early Bird discount of \$110**

*To receive the early bird discount, payment must be received before 8th March 2019.*

**Bookings are essential: please contact Helen Ryan**

[druceryan@bigpond.com](mailto:druceryan@bigpond.com)

Ph: 0429 851 993

[www.simonblowqigong.com](http://www.simonblowqigong.com)