

# RESTORING NATURAL HARMONY

## QIGONG

with Qigong Master Simon Blow



### WHAT'S INCLUDED

- Lunch (bring a plate to share)
- Morning and afternoon tea
- All tuition with Qigong Master Simon Blow
- Meditation sessions
- *Restoring Natural Harmony* Book & DVD

### ONE DAY WORKSHOP

SENIOR CITIZENS CENTRE ORANGE

77 Kite St, Orange NSW

Saturday 30<sup>th</sup> MARCH 9.30am to 4.30pm

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 has been initiated into Dragon Gate Daoism and given the 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.

*Restoring Natural Harmony* comprises of the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China. Guigen Qigong is a Traditional Chinese Medicine exercise and is featured in Simon's Book/DVD *Restoring Natural Harmony*.

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.

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 the mind, body and spirit.

With regular practice Qigong helps cleanse the body of toxins, restores energy, reduces 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.

### COST

\$120 or Early Bird/concession discount of \$110 (to receive early bird discount, full payment or \$40 deposit must be received before 22<sup>nd</sup> March 2019)

**Bookings are essential: please contact Tony Caine**

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