

Discover Inner Peace and Improve your quality of Life

Qigong workshops in the Central West of NSW, March 2019

with Qigong Master Simon Blow



Qigong pronounced Chi Gung is the term used to describe the Chinese health cultivation exercises and has a history of over five thousand years. There are many different styles, Tai Chi is one type. It is one of the branches of Traditional Chinese Medicine (including Acupuncture, Chinese herbal medicine, Acupressure massage). The Art of Qigong consists primarily of meditation, relaxation, gentle movements, mind-body exercises and self massage. Modern medical and scientific research indicates that these techniques are a powerful tool in the recovery from chronic illness and can help improve our quality of life. 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 Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practice from the Xiyuan Hospital, Beijing 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.

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. www.simonblowqigong.com

Saturday 23rd March 9.30am to 4.30pm

JYOTI RIVER HEALING

Upstairs, Macquarie Chambers,

69 Macquarie St Dubbo NSW

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

druceryan@bigpond.com

Ph: 0429 851 993

Art of Life

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.

Wednesday 27th March 9.30am to 4.30pm

THARPA CHOELING AUSTRALIA

WELLINGTON BUDDHIST CENTRE

166 Arthur St Wellington NSW

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

tony.g.caine@gmail.com

Ph: 0409 285 807

The Six Healing Sounds

The Six Healing Sounds or Liu Zi Jue is an ancient health cultivation practice from China, with a rich proud history of over 2000 years. The classics say: 'there is one way to breathe in and six ways to breathe out'.

Learn gentle movements and mantras for the internal organs of the body: Liver, Heart, Spleen, Lungs, Kidney and San Jiao (Triple Heater). The Six Healing Sounds gently vibrates and massages the internal organs, clears stagnation and stale energy from the body, and harmonises the emotions to create a state of inner peace.

Saturday 30th MARCH 9.30am to 4.30pm

SENIOR CITIZENS CENTRE ORANGE

77 Kite St, Orange NSW

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

tony.g.caine@gmail.com

Ph: 0409 285 807

Restoring Natural Harmony

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.

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.

Whats included:

- Morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- All tuition with Qigong Master Simon Blow
- One Book/DVD by Master Simon Blow

Costs:

\$120 for each workshop, early bird discount
\$110 To receive the early bird discount, payment must be received before 8th March 2019. **Special Workshop Discount: attend two workshops for \$200 and three for \$280**