

# THE ART of LIFE & THE SIX UNITY QIGONG



with Qigong Master Simon Blow

## WHAT'S INCLUDED

- Morning tea
- Meditation sessions
- All tuition with Qigong Master Simon Blow

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 been 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.

**MONDAY CLASS:** *The Art of Life* is a great way to start you on your own journey of physical healing and emotional wellbeing. It is suitable for new and continuing students of all ages and includes the following sections: *Ba Duan Jin* consisting of eight simple exercises that stretch the major muscles and organs of the body, and *Taiji Qigong Shibashi* is a popular practice made up of eighteen gentle, flowing movements that harmonise mind, body and breath.

**TUESDAY CLASS:** *Liu He Gong – Six Unity Exercise* 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 in China. Learn gentle flowing movements, Liu He refers to the six directions upward, downward, East, West, South and North.

## TWO MORNING MASTER CLASSES

Monto Town Hall

Newton Street Monto QLD

**MONDAY 22<sup>nd</sup> & TUESDAY 23<sup>RD</sup> JULY**  
**9.00 am to 12.30pm**

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

\$45 for each morning or TWO mornings for \$80

Bookings are essential

Please contact Mary Herbison

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