



# ABSORBING the ESSENCE QIGONG



with Qigong Master Simon Blow

## WHAT'S INCLUDED

- Morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- All tuition with Master Simon Blow
- 'Absorbing the Essence' Book and DVD

**ONE DAY WORKSHOP**  
**SATURDAY 3<sup>RD</sup> AUGUST 2019**  
**9.30am to 4.30pm**  
**John Gebhardt Room, Ethnic  
Community 2A Platt St Waratah**

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, 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.

Simon conducts many workshops and retreats throughout Australia and has been leading specialist study tours to China since 1999. He is the author of numerous books, DVDs and meditation CDs about the ancient healing arts.

*Absorbing the Essence* comprises of the Qigong cultivation techniques taught to Simon by the Abbott of the Purple Cloud Monastery in 1999 and 2000 at Wudangshan or Wudang Mountain, one of the sacred Daoist Mountains of China.

During this one day workshop, you will be expertly guided through the Wudang Longevity Qigong and the Ba Duan Jin Nurturing Life Qigong sitting form. All these self-healing methods are featured in Simon's Book/DVD *Absorbing the Essence*.

With regular practice, Qigong can help to cleanse the body of toxins, restore energy, reduce stress and anxiety and help individuals maintain a health and active life.

Other healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui and Taijiquan.

## COST

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

*To receive the early bird discount, payment must be received before 26<sup>th</sup> July*

Bookings are essential: please contact  
**Autoimmune Resource & Research Centre**

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