

RESTORING NATURAL HARMONY and THE ART of LIFE QIGONG with Qigong Master Simon Blow



WHAT'S INCLUDED

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

TWO MORNING MASTER CLASSES

Proston Community Hall

Rodney St Proston, QLD

Wednesday 24th & Thursday 25th JULY

9am to 12.30pm

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 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.

WEDNESDAY CLASS: *Restoring Natural Harmony* comprises the Qigong cultivation health practises that were taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China.

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.

THURSDAY 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. *Taiji Qigong Shibashi* is a popular practice made up of eighteen gentle, flowing movements that harmonise mind, body and breath.

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. 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
Kathy Crane**

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www.simonblowqigong.com