

Da Yan Wild Goose Qigong

with Qigong Master Simon Blow

WHAT'S INCLUDED

- vegetarian breakfast, lunch and dinner
- morning and afternoon tea
- 4 nights' accommodation, twin share
- single room additional \$35 per night
- all tuition with Master Simon Blow
- meditation sessions
- and much more
- "Da Yan Wild Goose Qigong" Book & DVD

Just a one hour drive or train trip south west from the Sydney CBD. The Vijayaloka Buddhist Retreat Centre provides a peaceful, beautiful, dedicated space for meditation and healing it is set in 3.7 hectares of largely pristine bushland on the sandstone escarpment above the Georges River at Minto. The natural environment of Vijayaloka is home to one of Sydney's last koala colonies, to wallabies, kangaroos, ring-tailed possums, reptiles, and bountiful bird life.

www.sydneybuddhistcentre.org.au/vijayaloka



The 1st 64 Movements
28th Nov to 2nd Dec

The 2nd 64 Movements
2nd to 6th December

COST 1st 64 \$620
2nd 64 \$620

IF YOU ATTEND BOTH RETREATS:

\$1200

2 x 4 DAY RESIDENTIAL RETREAT

28th November to 6th December 2020
Vijayalok Buddhist Retreat Centre
7 Howard Road Minto Heights, NSW

Da Yan translates to the great bird and is an ancient Qigong practise that was developed by Daoist Masters about 1700 years ago in the sacred Kunlun Mountains in south west China. Its healing legacy has been passed down through many generations and Simon is an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang.

The movements represent the flight of Wild Geese and help to expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate fresh Qi. **The first 64 Movement** set deals primarily with the "post natal" body and addresses illnesses or injuries that have developed as a result of everyday life. Having dredged the channels in the first 64 form, **the second 64 movement** set deals primary with the "pre natal" body and is designed to clear the channels, absorb fresh Qi, expel stale Qi and restore organ balance

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and initiation into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom. An initiated student and 29th Generation of Dayan - Wild Goose Qigong, Simon is a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

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

Bookings are essential please contact
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