

RESTORING NATURAL HARMONY

QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- vegetarian breakfast, lunch and dinner
- morning and afternoon tea
- all tuition with Qigong Master Simon Blow
- 2 nights' accommodation
- twin or triple share, all rooms with en suites
- Single room supplement extra \$25 per night

PROGRAM

FRIDAY

- 4 – 5 pm Ba Duan Jin and Meditation
6.00 pm Dinner
7.30 – 9 pm Six Healing Sounds and Meditation

SATURDAY

- 6.30 am Ba Duan Jin and Meditation
7.30 am Breakfast and free time
9.00 am Guigen Qigong
10.30 am Morning tea
11.00 am Guigen Qigong
12.30 pm Lunch and free time
3.00 pm Afternoon tea
3.30 pm Guigen Qigong
6.00 pm Dinner and free time
7.30 – 9 pm Six Healing Sounds and Meditation

SUNDAY

- 6.30 am Ba Duan Jin and Meditation
7.30 am Breakfast and free time
9.00 am Guigen Qigong
10.30 am Morning tea
11.00 am Guigen Qigong
12.30 pm Lunch before we say 'good bye'



COST \$350

3 DAY RESIDENTIAL RETREAT

Centre for Spiritual Learning

150 MACARTHUR DRIVE, WILTON, NSW

2nd - 4th October 2020

QIGONG pronounced Chi Gong is an ancient healing system that has evolved over thousands of years to help improve people's quality of life; it is a part of the holistic system of Traditional Chinese Medicine (TCM). The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity and develops spiritual perception and awareness.

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

RESTORING NATURAL comprises of the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China. **GUIGEN QIGONG**, 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.

The Brahma Kumaris Centre for Spiritual Learning is a peaceful oasis of gardens and bushland. A one and a half hour drive south west of Sydney near Picton. Simon Blow Qigong thanks Brahma Kumaris Australia for making their beautiful retreat centre available to them for this retreat.

Bookings are essential please contact Simon Blow for information and bookings

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