

Qigong, pronounced Chi-Gong and the understanding of Qi (Chi) is one of the great treasures of Chinese culture. It has emerged over thousands of years from constant research, development and practice. From ancient times to the modern world, we as human beings are on a continuous journey of self-enquiry to discover our true identity and purpose in life. Qigong originated in China as a way of cultivating spiritual, physical and emotional health. Similarly, other cultures had holistic approaches to connect and harmonise with their local environment and their known universe. When we lose this connection it causes problems and we are not able to enjoy the experience of life as much as we could.

When you are proud of your achievement it is time to stop.
If you sharpen and strengthen your mind by taking advantage of people, your enjoyment will not last long.
One who accumulates valuable things will not be able to maintain them without becoming a slave to them.
Becoming rich and noble with pride is to invite trouble for oneself.

After accomplishing one's goal it is time to retreat.
This is the way of Heaven.

Lao Tzu, Tao Teh Ching. Chapter 9

I have had the great fortune to devote my life over the last 17 years to the study, research and sharing of the healing benefits of Qigong. I remember Qigong Master Jack Lim telling me once that when I am teaching a class to think I'm with a group of friends and sharing. I would like to thank all my friends who have attended classes, workshops, retreats, tours to China and purchased my DVDs and CDs, for your continued help and support.

China Study Tours

On the September 2008 tour we traveled the legendary Silk Road – 5,000km overland from Beijing to Urumbqi, the capital of Xinjiang province in the outer reaches of China – then flew for four hours back to Shanghai. It was an amazing experience for all of us, seeing the Terracotta Army in Xian and traveling to the high plains of Qinghai province of the northern Himalayas and the expanses of the Gobi desert.

Then in April 2009 it was good to return to Wudang Mountain, this being my sixth time to this beautiful and mystic place. We had formal meetings with Grand Master Li, the Abbot of the Purple Cloud Monastery, and he arranged for this top students to give us a demonstration of Taoist Martial Arts. In Wuhan we commenced our training in the Wild Goose Qigong with 28th lineage holder Grand Master Chen. We were his first large foreign group comprising 20 of us from most areas of Australia, the US and Ireland. We spent one week learning the 64-movement first set of the Wild Goose Qigong. Master Chen and his wife and five of their students were very dedicated and precise in their instruction making sure that we understood the history, medicine and beauty of this ancient healing practice. Unfortunately, the Sixth World Conference on Medical Qigong which was to be held in Beijing during June this year, was postponed for 12 months due to the outbreak of swine flu. After the conference I had arranged to spend two weeks with Grand Master Chen in Wuhan studying more about Wild Goose Qigong. This has also been postponed until next year.



2008 on the Silk Road



April 2009 Guigen Qigong with Dr. Xu at the Xiyuan Hospital in Beijing



April 2009 with Grand Master Li, Purple Cloud Temple Wudang Mountain

Upcoming China Study Tours

Two tours are organised each year. In March/April 2010, we focus our study on the famous Wild Goose Qigong with Grand Master Chen Chuan Gang. On the September/October 2010 tour we will gain a deeper insight into Guigen Chinese Medical Qigong, with its founder Professor Xu Hongtao, a specialist doctor from the Xiyuan Hospital in Beijing.

All tours have an element of study combined with cultural activities and sightseeing. We visit Traditional Chinese Medicine hospitals and universities, temples and monasteries, and we will meet Masters of traditional painting and calligraphy and be entertained by local choir and music groups. We explore the countryside visiting the sacred mountains and follow the ancient traditional practices and meditate together with Grand Masters. The Qi will always be with you. For more details please see study tour brochure or website