

Qigong Workshops

The YWCA in the Central West and Southern Tablelands of NSW has helped organise and sponsor many very successful half-day workshops over the last year and also a two-day training workshop for local teachers – thank you Skye and Sandra for all your help. We also had an amazing two-day workshop at the Petrea King Quest for Life Centre in November 2009. All of these programs were booked out. I always feel fortunate to have the opportunity to meet so many inspiring people. I learn so much from meeting these people and listening to their stories.

I have conducted many workshops over the years in country Victoria and I was scheduled to return late February 2009, two weeks after the devastation of the Black Saturday bushfires. I was very concerned as I have many friends in this area. After much debate I was encouraged to go down as everyone wanted to get back to normal. We had workshops in Beechworth and Wangaratta and I made a large donation from the proceeds of the workshops to the Country Fire Authority in Stanley. Over the last year I have been traveling to Queensland conducting workshops in Hervey Bay, Gladstone and Noosa. During November 2009 we will be having our first four-day residential workshop in Hervey Bay on the Wild Goose Qigong (**see below**). If you are interested in helping to organise a workshop in your local area, please don't hesitate to contact me.

Classes

Besides the general public classes that I lead in Sydney, I spend about half my normal working week conducting classes and groups for people undergoing recovery programs. Currently, I'm in my third year with Mission Australia and I have just started a new group with the Haymarket Foundation and the Bourke Street Project running a group with their transitional residential living skills program. We Help Ourselves (WHOS) is a residential drug rehabilitation centre and over the last 12 months has relocated from various inner city houses to Callan Park, the old psychiatric hospital in Rozelle. I lead six groups a week in the beautiful healing gardens of this historic landmark of Sydney and I'm pleased to say that this is my 17th year working with WHOS. All these groups learn and practise my Art of Life program.

Retreats at Sunnataram Forest Monastery

The December 2008 Training Retreat was a great success – sorry, but this December's Training Retreat on the Wild Goose Qigong is already booked out. The Annual 2009 January retreat was the last one of this format for a while. Retreats will still be offered at Sunnataram Forest Monastery but more for advanced Qigong training and meditation. If you know of any suitable venues for retreats please don't hesitate to contact me.

Books, DVDs and CDs

The book projects are nearly complete. I have been talking to a few publishers and I have now decided to self-publish three separate Book/DVDs on the Art of Life, Absorbing the Essence, and Restoring Natural Harmony. These will be available early in 2010. Please check the website or phone if you are interested.

I will be traveling to India at the end of this year to spend time at the Ramanashram. This will be the third occasion that I have spent time at the abode of the great sage Sri Ramana Maharshi. Even though Ramana passed on in 1950, this ashram, which is under the sacred mountain of Arunachala in Southern India, is one of the most spiritual and energetic places in India.

Dayan - Wild Goose Qigong

Dayan translates to Wild Goose and is an ancient Qigong practice that was developed by Taoist Masters about 1,800 years ago in the sacred Kunlun Mountains in the Northern Himalayan area, south west China. Its healing legacy was passed down through many generations. I have had the great fortune to study with Grand Master Chen Chuan Gang, the 28th lineage holder, and he has given me authority to share its healing benefits. The movements represent the flight of wild geese and it helps to expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate Qi.



2009 with Grand Master Chen



Wudang Mountain



June 2009 Workshop Hervey Bay QLD

Four Day Wild Goose Qigong Residential Workshop Wednesday 11th to Sunday 15th November 2009 Campialba 34 Hunter Street, Pialba, Hervey Bay, Queensland

The total cost of the workshop is \$400 which includes tuition and instruction notes, share accommodation in comfortable huts and all meals. For those attending the day sessions without sleeping over, the total cost is \$300 and this also includes all meals. A certificate of attendance will be issued for those attending the four days.

No previous experience is necessary...all welcome.

There will be limited places.

Please book early and send a deposit of \$150 to reserve your place

Simon Blow. A near fatal accident at the age of 19 led Simon to investigate various methods of healing and regeneration - a path he has been following ever since. He has been a fulltime professional Qigong teacher (Laoshi) since 1992. Simon has received training and certification from Traditional Hospitals and Taoist Monasteries in China. He has World Health Organisation certification in Medical Qigong clinical practice from the Xiyuan Hospital, Beijing, and been initiated into Dragon Gate Taoism and given the name Xin Si, meaning Genuine Wisdom. Simon is also a Standing Council Member of the World Academic Society of Medical Qigong, Beijing.

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