

Da Yan Wild Goose Qigong

with Qigong Master Simon Blow

WHAT'S INCLUDED

- All tuition with Master Simon Blow
- Meditation sessions
- Morning and afternoon tea
- Bring a plate to share for lunch
- Instruction booklet

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. Simon is a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.



COST \$150

Early Bird/concession discount of \$140 (to receive early bird discount, full payment or \$40 deposit must be received before 12th March 2021)

HUGHES COMMUNITY CENTRE
Whittle St, Hughes , ACT

Saturday 20th March 2021
9.30am to 4.30pm

27 Movement – Rainy Day Practise

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 the Northern Himalayan area, 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 it helps expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate fresh Qi. In this one day workshop Simon will share the rainy day practise. A shortened form of the 1st 64 movement set, which can be practised in a smaller confined space.

With regular practise Qigong helps restore energy, reduce stress and anxiety and help 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

Bookings are essential please contact
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