

# QIGONG

## Teacher Training

### Retreat No 1

with Qigong Master Simon Blow



### WHAT'S INCLUDED

- morning and afternoon tea
- vegetarian meals
- breakfast, lunch and dinner
- four nights accommodation, single rooms
- all tuition with Qigong Master Simon Blow
- meditation sessions

### PROGRAM

Starts Thursday 4.00 pm then daily program

Finishing Monday 1.30pm

6.30 am	1 <sup>st</sup> session(except Friday)
7.30 am	Breakfast and free time
9.00 am	2 <sup>nd</sup> session
10.30 am	Morning tea
11.00 am	3 <sup>rd</sup> session
12.30 pm	Lunch and free time
2.30 pm	4 <sup>th</sup> session
3.30 pm	Afternoon tea
4.00 pm	5 <sup>th</sup> session
6.00pm	Dinner
7.30pm	Qigong meditation

With regular practise Qigong helps cleanse the body of toxins, 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



**COST \$850**

**FOUR DAY RESIDENTIAL RETREAT**  
Vijayalok Buddhist Retreat Centre  
7 Howard Road Minto Heights, NSW

**Thursday 17<sup>th</sup> JUNE 2021**  
**Monday 21<sup>st</sup> JUNE 2021**

Join Qigong Master Simon Blow as he shares his twenty five years of teaching experience in a four day intensive teacher's training workshop. Simon will be imparting valuable skills and teaching the Qigong cultivation methods from his books *The Art of Life and Restoring Natural Harmony*. This is the first level of training with another intensive workshop and assessment within twelve months to receive an instructor's certificate. Simon Blow has received certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and has been initiation into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, Simon is also a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

**Ba Duan Jin** translates to the Eight Method Essence and is also known as Daoist Yoga. It is one of the most widely practiced and best known forms of Qigong consisting of eight simple exercises that stretch the major muscles and organs of the body and stimulates the meridian system.

**Taiji Qigong Shibashi** is a popular practice made up of eighteen gentle, flowing movements that harmonise mind, body and breath, strengthening the whole body, massaging internal organs, exercising muscles and lubricating joints as it increases the circulation of Qi and blood through the body.

**Guigen Qigong** is a Traditional Chinese Medicine exercise that's helps to regulate the meridian system. 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 mind, body and spirit.

Bookings are essential please contact  
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