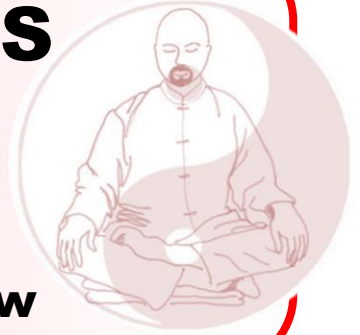


# THE SIX HARMONIES QIGONG

with Qigong Master Simon Blow



## WHAT'S INCLUDED

- vegetarian breakfast, lunch and dinner
- morning and afternoon tea
- all tuition with Master Simon Blow
- meditation sessions
- 2 nights' accommodation,
- all rooms with en suites - twin or triple share,
- Single room supplement extra \$50

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.

## PROGRAM

### FRIDAY

- 3 – 4 pm Arrive
- 4 – 5 pm Ba Duan Jin and Meditation
- 6.00 pm Dinner
- 7.30–9pm Six Healing Sounds and Meditation

### SATURDAY

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

### SUNDAY

- 6.30 am Ba Duan Jin and Meditation
- 7.30 am Breakfast and free time
- 9.00 am Six Unity Exercise and Meditation
- 10.30 am Morning tea
- 11.00 am Six Unity Exercise and Meditation
- 12.00 pm Lunch before we say 'farewell'

**3 DAY RESIDENTIAL RETREAT**  
Centre for Spiritual Learning  
150 MACARTHUR DRIVE, WILTON, NSW

**3<sup>rd</sup> - 5<sup>th</sup> SEPTEMBER 2021**

**QIGONG** pronounced Chi Gung 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.

**SIX UNITY EXERCISES** is an ancient health cultivation practise which has been influenced by the philosophy of Daoism and Traditional Chinese Medicine and further developed by experts and Professors at the Shanghai Qigong Research Institute, China.

**SIX HEALING SOUNDS** gentle movements and mantras which vibrate and massage the internal organs of the body This also harmonises our emotions creating a state of inner peace.

With regular practise Qigong helps restore energy, reduce stress and anxiety and help individuals maintain a healthy and active life. Simon is also the author of numerous books, DVDs and meditation CDs about the ancient Chinese healing arts

**COST**  
**\$350**

Bookings are essential please  
contact Simon Blow:

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[www.simonblowqigong.com](http://www.simonblowqigong.com)