

THE ESSENCE OF LIFE QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- Morning and afternoon tea
- Meditation sessions
- All tuition with Qigong Master Simon Blow

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practice and 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 in Beijing, China.

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 throughout the body.

Wudang - Sitting Ba Duan Jin is a power internal practise from the famous Wudang Mountain in China. Done in a sitting position these ancient cultivation exercises help stimulate and strengthen the energy system of the body.

ONE DAY WORKSHOP and SUNDAY MORNING PRACTISE

Saturday 21st August 9.30am to 4.00pm

St Lukes Anglican Church Hall 151 Blackwall Rd Woy Woy

Sunday 22nd August 9.30am to 11.30am

With regular practice Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and helps 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

\$90 for Saturday workshop

\$20 for Sunday morning workshop

**Bookings are essential
Please contact Cheryl Waters**

Email: qigongharmony9@gmail.com

Ph: 0417 444 277

www.simonblowqigong.com