

Six Healing Sounds QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- Morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- All tuition with Master Simon Blow
- Six Healing Sounds book/DVD

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, initiated into Dragon Gate Daoism and given the 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.

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

\$100 or early bird discount of \$90

To receive the early bird discount, payment must be received before 9th September.

ONE DAY WORKSHOP

**Pacific Palms Community Centre
3957 The Lakes Way Elizabeth Beach
SUNDAY 18th September 2022
9.30am to 4pm**

The Six Healing Sounds or 'Liu Zi Jue' is an ancient health cultivation practice from China, with a rich proud history of over 2000 years. The classics say: 'there is one way to breathe in and six ways to breathe out'. Learn gentle movements and mantras for the internal organs of the body: Liver, Heart, Spleen, Lungs, Kidney and San Jiao (Triple Heater). The Six Healing Sounds gently vibrates and massages the internal organs, clears stagnation and stale energy from the body, and harmonises the emotions to create a state of inner peace.

With regular practice Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and help individuals maintain a healthy and active life.

**Bookings are essential: please contact
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www.simonblowqigong.com