

THE ART OF LIFE QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- Morning and afternoon tea
- Meditation sessions
- All tuition with Qigong Master Simon Blow
- The Art of Life book and DVD

The Art of Life presents the Qigong styles that were taught to Simon in Australia and follow his journey from a near-fatal accident to discovering the Chinese healing arts and becoming an inspiring, internationally respected teacher. This practice will help start you on your own journey of physical healing and emotional and spiritual growth. It is suitable for new and continuing students of all ages and will include the following sections:

Ba Duan Jin translates to the 'Eight Method Essence' and is also known as Daoist Yoga. It is one of the most widely practised and well 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 throughout the body.

ONE DAY WORKSHOP and SUNDAY MORNING PRACTISE

Saturday 20th August 9.30am to 4.00pm
Wye Community Hall, 14 Wye Rd, Wye NSW
Sunday 21st 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 \$150 or early bird discount \$140

To receive the early bird discount, payment must be received before 12th August.

Bookings are essential
Please contact Kathy Cook

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www.simonblowqigong.com