



2023 QIGONG – ABSORBING THE ESSENCE

3 DAY YARRA VALLEY
RESIDENTIAL RETREAT
WITH QIGONG MASTER SIMON BLOW



WHEN

FRIDAY 3 – SUNDAY 5 MARCH 2023

WHERE

Yarra Valley Retreat Centre
55 Rayner Court
Yarra Junction
Victoria

WHAT'S INCLUDED

- 3 DAY PROGRAM with tuition by Master Simon Blow
- 2 night accommodation in bush-setting retreat property
- Twin and multi share rooms with bathroom facilities
- Vegetarian breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation in a sacred purpose-built yurt and Qigong sessions held in a training room and outdoors

HOW MUCH

- \$450 per person

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

This Qigong Retreat is offered as an uplifting residential-based training program set in an ideal environment for you to practice Qigong and meditation. A unique opportunity to relax, rejuvenate and re-energise.

Our retreat will be held in the Yarra Valley, Victoria on forty acres of glorious nature that also provides a safe haven for many birds, kangaroos, deer, koalas, and wombats.

The immersive format commences Friday mid-afternoon and ends on Sunday after a farewell lunch. It involves early morning starts, evening sessions to 9pm and free time throughout the day to enjoy the beautiful grounds, healthy meals and share in the company of fellow students.

Qigong Practice - Absorbing the Essence

Qigong 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 which help develop spiritual perception and awareness.

This Retreat teaches the classic Dao Qi cultivation practices covered in Simon Blow's popular book & DVD, '*Absorbing the Essence*'. It comprises techniques taught to Simon by Grand Master Zhong Lun Long the 14th generation lineage holder of the Wudang San Feng styles from Wudang Mountain, one of the sacred Daoist Mountains of China.

During the weekend, which is suitable for new and continuing students of all ages, you will be expertly guided through the following forms.

- *Ba Duan Jin standing form*
- *Wudang Longevity Qigong*
- *Ba Duan Jin sitting form*

The Venue

The Yarra Valley Retreat Centre, is a co-creation weaving together The Gawler Foundation legacy of more than three decades in pioneering holistic healing and wellness retreats, with fifty years of expertise in meditation and self-awareness by The Brahma Kumaris in Australia.

The centre is set within a large rural bush property and is 80 minutes east of Melbourne, accessible by car and train.

Simon Blow Qigong thanks Brahma Kumaris Australia for making their beautiful retreat centre available for this Qigong Retreat.

We wish to acknowledge the Traditional Custodians of the land on which we meet. We pay our respects to Elders past, present and emerging.



RETREAT PROGRAM

FRIDAY

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

SATURDAY

6.30 am Ba Duan Jin standing
8.00 am Breakfast and free time
9.00 am Wudang Longevity Qigong
10.30 am Morning tea
11.00 am Ba Duan Jin sitting
12.30 pm Lunch and free time
3.30 pm Afternoon Tea
4.00 pm Ba Duan Jin sitting
6.00 pm Dinner and free time
7.30 – 9 pm Six Healing Sounds and Meditation

SUNDAY

6.30 am Ba Duan Jin standing
8.00 am Breakfast and free time
9.00 am Wudang Longevity Qigong
10.30 am Morning tea
11.00 am Ba Duan Jin sitting
12.30 pm Lunch before we say 'goodbye'

www.simonblowqigong.com

Simon Blow

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing. He 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.

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

