



2023 QIGONG THE SIX HARMONIES

3 DAY LEURA RESIDENTIAL RETREAT WITH QIGONG MASTER SIMON BLOW

WHEN

FRIDAY 3 – SUNDAY 5 NOVEMBER

WHERE

The Brahma Kumaris Centre for
Spiritual Learning
186 Mt Hay Road, Leura
Blue Mountains
New South Wales

WHAT'S INCLUDED

- 3 DAY PROGRAM with tuition by Master Simon Blow
- 2 night accommodation in a scenic retreat sanctuary
- All modern rooms with ensuites - twin share
- Vegetarian breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation and Qigong sessions held in a beautiful training room and outdoor practice

HOW MUCH

- \$400 per person
- Single room supplement extra \$50

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

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

The Retreat will be held in the Blue Mountains, NSW. It is an immersive experience commencing Friday afternoon and ending Sunday after lunch, involving early morning starts, evening sessions and time throughout the day to enjoy the beautiful grounds, healthy meals and share the company of fellow students.

Qigong Practice – Six Unity Qigong

Qigong is one of the branches of traditional Chinese healing arts. It consists primarily of meditation, gentle movements, mind-body exercises and self-massage.

This Retreat focuses on Six Unity Qigong – a practice covered in Simon Blow's upcoming new book & DVD. You will learn Qi cultivation exercises to harmonise heaven and earth. The movements are fairly dynamic, yet suitable for beginners to Qigong or more experienced students of all ages.

Liu He Gong – is the true name for Six Unity Qigong, 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 in China.

The word *Liu He* refers to the six directions upward, downward, East, West, South and North. The exercise allows the practitioner to connect with and become an integral part of the universe and united with heaven and earth.

The Venue

The Brahma Kumaris Centre for Spiritual Learning is set on 132 acres of beautiful bushland and established gardens in Leura. A magnificent sanctuary of valley views, bush pathways, cascading creeks and delightful flora and fauna.

The property is 90 minutes west of Sydney, 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.



Simon Blow

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practice 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 also 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 led many 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

RETREAT PROGRAM

FRIDAY

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

SATURDAY

6.30 am Ba Duan Jin & Meditation
 8.15 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 – 9 pm Six Healing Sounds and Meditation

SUNDAY

6.30 am Ba Duan Jin & Meditation
 8.15 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 before we say 'farewell'

