



WHEN

FRIDAY 14 – SUNDAY 16 APRIL

WHERE

The Brahma Kumaris Centre for
Spiritual Learning
150 Macarthur Drive
Wilton
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 centre 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

2023 QIGONG – THE ART OF LIFE

3 DAY WILTON RESIDENTIAL RETREAT WITH QIGONG MASTER SIMON BLOW



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.

The Retreat will be held in the Illawarra region, NSW and is an immersive experience commencing Friday mid-afternoon and ending 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 the company of fellow students.

Qigong Practice – The Art of Life

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 teaches the core Qi cultivation practices covered in Simon Blow's popular book & DVD, *The Art of Life* that 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 forms.

Ba Duan Jin also known as Daoist Yoga. Is one of the most widely practiced 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.

The Venue

The Brahma Kumaris Centre for Spiritual Learning is a beautiful, purpose-built residential retreat facility set amongst a peaceful oasis of established gardens and bushland.

It is a one-and-a-half-hour drive south west of Sydney. There is a nearby train station at Picton.

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 & Meditation
 6.00 pm Dinner
 7.30 – 9 pm Six Healing Sounds and Meditation

SATURDAY

6.30 am Ba Duan Jin & Meditation
 8.00 am Breakfast and free time
 9.00 am Taiji Qigong Shibashi and Meditation
 10.30 am Morning tea
 11.00 am Taiji Qigong Shibashi and Meditation
 12.30 pm Lunch and free time
 3.30 pm Afternoon Tea
 4.00 pm Taiji Qigong Shibashi 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
 8.00 am Breakfast and free time
 9.00 am Taiji Qigong Shibashi and Meditation
 10.30 am Morning tea
 11.00 am Taiji Qigong Shibashi and Meditation
 12.30 pm Lunch before we say 'goodbye'

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



