



WHEN

FRI 29 SEPTEMBER – SUN 1 OCTOBER

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 training rooms and outdoors

HOW MUCH

- \$450 per person

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

2023 QIGONG – RESTORING NATURAL HARMONY



3 DAY YARRA VALLEY RESIDENTIAL RETREAT WITH QIGONG MASTER SIMON BLOW

This Qigong Residential Retreat is a specifically designed training program held in an ideal rural environment for you to practice Qigong and meditation. An opportunity to relax, heal and re-energise.

The retreat is set on forty acres of glorious nature that also provides a safe haven for many birds, kangaroos, deer, koalas, and wombats.

The immersive format involves early morning starts, evening sessions and free time throughout the day to enjoy the beautiful property, healthy meals and share in the company of fellow students.

Qigong Practice – Restoring Natural Harmony

Restoring Natural Harmony comprises the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China.

This Retreat teaches Guigen Qigong, a Traditional Chinese Medicine exercise as featured in Simon Blow's popular book & DVD, 'Restoring Natural Harmony'. You will be expertly guided through the practice. Learn simple flowing sets of movements for the different organ groups of the body: Spleen, Lungs, Kidney, Liver and Heart which relate to the five elements- Earth, Metal, Water, Wood and Fire.

Guigen translates to returning to the root, to return to the source from which everything emerges. The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity and develops spiritual perception and awareness.

These internal exercises help regulate the meridian system bringing harmony to the mind, body and spirit. It is suitable for new and continuing students of all ages,

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 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 & 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 Guigen Qigong
10.30 am Morning tea
11.00 am Guigen Qigong
12.30 pm Lunch and free time
3.30 pm Afternoon Tea
4.00 pm Guigen Qigong
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 Guigen Qigong
10.30 am Morning tea
11.00 am Guigen Qigong
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

