

A Day of Restorative QIGONG

with Qigong Master Simon Blow



WHAT'S INCLUDED

- Morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- All tuition with Master Simon Blow

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a professional Qigong teacher (Laoshi) since 1992, initiated into Dragon Gate Daoism and given the name 'Xin Si', meaning 'Genuine Wisdom'. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, Simon is also a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing, China.

With regular practice Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and help 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

\$50 for morning session

\$50 for afternoon session

\$90 for the whole day, two sessions

SUNDAY 19th February 2023

9.30am to 12.30pm

1.30pm to 4.30pm

Wyongah Progress Hall

159 Tuggerawong Rd Wyongah, NSW.

Morning session - Ba Duan Jin, also known as Daoist Yoga consisting of eight simple exercises that stretch the major muscles and organs of the body and stimulates the meridian system. Wudang Longevity Qigong is a beautiful flowing set of movements to nurture the positive energy from nature and release stale negative energy.

Afternoon session - The Six Healing Sounds or 'Liu Zi Jue' is an ancient health cultivation practise. Learn gentle movements and mantras for the internal organs of the body: Liver, Heart, Spleen, Lungs, Kidney and San Jiao (Triple Heater). The Six Healing Sounds gently vibrates and massages the internal organs, clears stagnation and stale energy from the body, and harmonises the emotions to create a state of inner peace.

**Bookings are essential: please contact
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