



2023 QIGONG – DA YAN WILD GOOSE

4 DAY ATHERTON RETREAT
WITH QIGONG MASTER SIMON BLOW



WHEN

Friday 16 – Monday 19 June 2023

WHERE

Hugh's Ballroom
3 Grove Street
Atherton
QUEENSLAND

WHATS INCLUDED

- 4 day program with all tuition by Master Simon Blow
- Catering and refreshments including healthy lunches, morning, and afternoon tea daily
- A variety of accommodation can be found in and around Atherton. It is essential to book ASAP as the Atherton Tablelands is a popular tourist destination.

HOW MUCH

- \$500 per Retreat

BOOKING

Bookings essential. For further info please contact Robert McAlpine

M: 0439 300 045

E: tsdmrkfnq@gmail.com

This retreat is offered for the first time in stunning Far North Queensland as a non-residential, intensive training program over 4 days to enable the study and practice of original Da Yan - Wild Goose Qigong.

It will be held in the Atherton where you will be expertly guided through the 1st 64 Movement form and meditation sessions by Qigong Master Simon Blow.

With regular practice Da Yan - Wild Goose Qigong helps restore energy, reduce stress and anxiety, and help maintain a healthy, active life.

This is an opportunity to relax and learn in the home of Australia's native magpie geese.

Qigong Practice – 1st 64 Da Yan Wild Goose Movement

Da Yan translates to the great bird and is an ancient Qigong practice that was developed by Daoist Masters about 1700 years ago in the sacred Kunlun Mountains in south west China. Its healing legacy has been passed down through many generations and Simon is an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang.

The movements in this Qigong practice represent the flight of Wild Geese and help to expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate fresh Qi.

The 1st 64 Movement set deals primarily with the "post-natal" body and addresses illnesses or injuries that have developed as a result of everyday life.

The Venue

The iconic Hugh's Ballroom is a popular dance space built in a quiet street in Atherton. The large dance hall is an ideal venue for Qigong practice and meditation.

Atherton is a 90 minutes' drive from Cairns and situated in the middle of the Atherton Tablelands in tropical North Queensland .

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.

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

DAILY SCHEDULE

- 9.00 am 1st session Wild Goose Qigong
- 10.30 am Morning tea
- 11.00 am 2nd session Wild Goose Qigong
- 12.30 pm Lunch Break
- 2.00pm 3rd session Wild Goose Qigong
- 3.30 am Afternoon tea
- 4.00pm 4th session Wild Goose Qigong
- 5.00 pm Close

