



## 2023 QIGONG – DA YAN WILD GOOSE

2 X 4 DAY EUROA  
INTENSIVE WORKSHOPS  
WITH QIGONG MASTER SIMON BLOW



### WHEN

#### 1<sup>st</sup> 64 Movements

Sat 14 – Tues 17 OCTOBER

#### 2<sup>nd</sup> 64 Movements

Wed 18 – Sat 21 OCTOBER

### WHERE

One to One Wellbeing Centre  
121 Binney Street  
Euroa  
VICTORIA

### WHATS INCLUDED

- 4 DAY PROGRAM with all tuition by Master Simon Blow
- Vegetarian lunches, morning and afternoon tea
- Last evening dinner is booked at a local Chinese restaurant
- A variety of accommodation can be found near the Centre. It is essential to book ASAP as Euroa is a popular getaway destination (at cost)

### HOW MUCH

- \$500 per Retreat
- If attending both Retreats discounted to \$940

### BOOKING

Bookings essential. For further info please contact Vivien Watmough

M: 0405 612 400

E: [vivienwatmough@smartchat.net.au](mailto:vivienwatmough@smartchat.net.au)

These Qigong Workshops are offered as non-residential, intensive training programs to enable the study and practice of original Da Yan - Wild Goose Qigong.

Held in a boutique wellness centre in Euroa, where you will be expertly guided through the 1<sup>st</sup> and/or 2<sup>nd</sup> 64 Movement form and meditation sessions by Qigong Master Simon Blow. This is an opportunity to relax and re-energise in the picturesque, high country of Victoria.

With regular practice Da Yan - Wild Goose Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and helps individuals maintain a healthy and active life.

### Qigong Practice – 1<sup>st</sup> 64 and 2<sup>nd</sup> 64 Da Yan Movements

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

Having dredged the channels in the 1<sup>st</sup> 64 form, the 2<sup>nd</sup> 64 movement set deals primary with the "pre-natal" body and is designed to clear the channels, absorb fresh Qi, expel stale Qi and restore organ balance. The pre-requisite to undertake the 2<sup>nd</sup> 64 is completion and a good working knowledge of the 1<sup>st</sup> 64.

### The Venue

One to One Well Being Centre is situated in a grand old house built in 1895 in the heart of Euroa, nestled at the base of the Strathbogie Ranges. The Centre has a large group room, architecturally designed and ideal for Qigong practice and meditation. There are morning sessions run outdoors under the trees on the banks of the nearby beautiful Seven Creeks.

The property is a two hour drive or train trip north east of Melbourne.

*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

### ARRIVAL DAY

9.00 am Commencement

### DAILY SCHEDULE

6.30 am 1<sup>st</sup> session Wild Goose Qigong  
8.00 am Breakfast and free time  
9.00 am 2<sup>nd</sup> session Wild Goose Qigong  
10.30 am Morning tea  
11.00 am 3<sup>rd</sup> session Wild Goose Qigong  
12.30 pm Lunch and free time  
3.30pm Afternoon tea  
4.00pm 4<sup>th</sup> session Wild Goose Qigong  
6.00 pm Dinner and free time  
7.30 – 9 pm Six Healing Sounds and Meditation

### DEPARTURE DAY

6.30 am 1<sup>st</sup> session Wild Goose Qigong  
8.00 am Breakfast and free time  
9.00 am 2<sup>nd</sup> session Wild Goose Qigong  
10.30 am Morning tea  
11.00 am 3<sup>rd</sup> session Wild Goose Qigong  
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 initiated 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.

