

QIGONG

Teacher Training

with Qigong Master Simon Blow



WHAT'S INCLUDED

- vegetarian meals
- morning tea
- breakfast, lunch and dinner
- four nights accommodation,
- all tuition with Qigong Master Simon Blow
- meditation sessions

PROGRAM

Starts Monday 4.00 pm
then daily program
Finishing Friday 2.00pm

7.00 am	1st session
8.00 am	Breakfast and free time
9.30 am	2nd session
11.00 am	Morning tea
11.30 am	3rd session
1.00 pm	Lunch and free time
3.00 pm	4th session
4.30 pm	Afternoon break
5.00 pm	5th session
6.30pm	Dinner
8.00pm	Qigong meditation

For any enquiries regarding Qigong training please contact Simon simon@simonblowqigong.com

 **Simon Blow Qigong** 
— for better health and inner peace —

COST
\$900

FOUR DAY RESIDENTIAL RETREAT
Vijayaloka Retreat Centre
7 Howard Road Minto Heights, NSW

Monday 29th MAY 2023
Friday 2nd JUNE 2023

Join Qigong Master Simon Blow as he shares his twenty five years of teaching experience in a four day intensive teacher's training workshop. Simon will be imparting valuable skills and teaching the Qigong cultivation methods from his books *The Art of Life* and *Restoring Natural Harmony*.

This is the first level of training with another intensive retreat and assessment within twelve months to receive a level 2 certificate. Simon Blow has received certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and has been initiation into Dragon Gate Daoism with the given 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, Beijing.

Qigong Teacher Training will include the following

Ba Duan Jin translates to the Eight Method Essence and is also known as Daoist Yoga. It is one of the most widely practiced and best 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 through the body.

Guigen Qigong is a Traditional Chinese Medicine exercise that's helps to regulate the meridian system. 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. These internal exercises help regulate the meridian system bringing harmony to mind, body and spirit.

Bookings are essential please
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