



2023 QIGONG – DA YAN WILD GOOSE

2 X 6 DAY YARRAHAPINNI
RESIDENTIAL RETREATS
WITH QIGONG MASTER SIMON BLOW



WHEN

1st 64 Movements

Tuesday 21 NOVEMBER –
Sunday 26 NOVEMBER 2023

2nd 64 Movements

Sunday 26 NOVEMBER –
Friday 1 DECEMBER 2023

WHERE

The Yarra Centre
366 Grassy Head Road
Grassy Head
NSW 2441

WHAT'S INCLUDED

- 6 DAY PROGRAM with all tuition by Master Simon Blow
- 5 night accommodation in a coastal rainforest retreat centre
- Single beds in a multi-share cabin with bathroom and kitchenette
- Vegetarian breakfast, lunch and dinner, including morning and afternoon tea
- Indoor and outdoor training areas and meditation hall

HOW MUCH

- \$1050 per Retreat
- If attending both Retreats discounted to \$2000

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

These Qigong Retreats are offered as residential-based training programs to enable the study and practice of original Da Yan - Wild Goose Qigong in an ideal, natural environment at Yarrahapinni on the mid-north coast of NSW. You will be expertly guided through the 1st and/or 2nd 64 Movement form and meditation sessions by Qigong Master Simon Blow.

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. It's also an opportunity to relax and re-energise in a remote coastal property, a sanctuary for native animals and abundant birdlife.

Qigong Practice – 1st 64 and 2nd 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 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.

Having dredged the channels in the 1st 64 form, the 2nd 64 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 2nd 64 is completion and a good working knowledge of the 1st 64.

The Venue

The Yarra is a Centre for Education, Health, and Lifestyle, located halfway between Sydney & Brisbane, 30 mins north of Kempsey on the NSW mid-north coast and accessible by car only.



Yarra is set on 75 acres of pristine rainforest and bushland situated directly on the beautiful Grassy Head Beach, at the base of Mount Yarrahapinni.

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

- 3 - 4pm Arrive
- 4 - 5 pm 1st session Wild Goose Qigong
- 6.00 pm Dinner
- 7.30 – 9 pm Six Healing Sounds and Meditation

DAILY SCHEDULE

- 6.30 am 1st session Wild Goose Qigong
- 8.00 am Breakfast and free time
- 9.00 am 2nd session Wild Goose Qigong
- 10.30 am Morning tea
- 11.00 am 3rd session Wild Goose Qigong
- 12.30 pm Lunch and free time
- 3.30pm Afternoon tea
- 4.00pm 4th 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 1st session Wild Goose Qigong
- 8.00 am Breakfast and free time
- 9.00 am 2nd session Wild Goose Qigong
- 10.30 am Morning tea
- 11.00 am 3rd session Wild Goose 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 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.



Yarrahapinni

