

# THE ART OF LIFE 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 Qigong Master Simon Blow
- The Art of Life book and DVD

**The Art of Life** Are the core Qigong cultivation practices covered in Simon Blow's popular book & DVD, **'The Art of Life'** these simple meditative exercises will help start you on your own journey of physical healing and emotional and spiritual growth. It is suitable for new and continuing students of all ages and will include the following forms.

**Ba Duan Jin** translates to the 'Eight Method Essence' and is also known as Daoist Yoga. It is one of the most widely practised and well 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 throughout the body.

## ONE DAY and a HALF DAY WORKSHOP

**Saturday 5<sup>th</sup> August 9.30am to 4.00pm**

**Sunday 6<sup>th</sup> August 9.30am to 11.30am**

**NAROOMA SURF CLUB**

**Ballingalla St NAROOMA, NSW**

With regular practice Qigong helps cleanse the body of toxins, restore energy, reduces stress and anxiety and helps 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 the author of numerous books, DVDs and meditation CDs about the ancient Chinese healing arts

**COST \$150 or early bird discount \$140**

To receive the early bird discount, payment must be received before 28th July 2023.

**Bookings are essential  
Please contact George Foster**

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**[www.simonblowqigong.com](http://www.simonblowqigong.com)**