

CULTIVATING INNER PEACE QIGONG



with Qigong Master Simon Blow

WHAT'S INCLUDED

- Morning tea
- Meditation sessions
- All tuition with Qigong Master Simon Blow

Cultivating Inner Peace 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 Qigong forms.

Ba Duan Jin - the Eight Pieces of Brocade, also known as Daoist Yoga. 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.

Wudang Longevity Qigong is a gentle flowing set of movements from the famed Wudang Mountain in China. These graceful, powerful movements help stimulate the energy of the whole body. Absorbing the positive energy from nature and allowing the negativity to disperse.

Qigong is one of the components of the holistic system of Traditional Chinese Medicine with regular practice Qigong helps cleanse the body of toxins, restore energy, reduces stress and anxiety and helps maintain a healthy and active life.

HALF DAY WORKSHOP

Our Secret Garden

120 Berkeley Rd, Berkeley Vale, NSW

Sunday 30th JULY 2023 9.30am to 12.30pm

Simon Blow conducts many retreats and workshops throughout Australia. He is the author of numerous books, DVDs and meditation CDs about the ancient Chinese healing arts. Simon has been a professional Qigong teacher (Laoshi) since 1992, initiated into Dragon Gate Daoism and given the name 'Xin Si', meaning 'Genuine Wisdom'. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, he is also a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing, China.

COST \$75 or early bird discount \$65

To receive the early bird discount, payment must be received before 21st July 2023.

**Bookings are essential
Please contact Mel Bean**

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www.simonblowqigong.com