



WHEN

FRIDAY 22 – SUNDAY 24 MARCH 2024

WHERE

Peninsula Retreat Centre
for Spiritual Learning
83-99 Stotts Lane
Frankston South
Victoria

WHAT'S INCLUDED

- 3 DAY Program with tuition by Master Simon Blow
- 2 night accommodation in comfortable bush-surroundings
- Twin share rooms with bathroom facilities
- Plant-based breakfast, lunch and dinner
- Morning and afternoon tea
- Teaching and practice held in a purpose-built training facility

HOW MUCH

- \$450 per person

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

2024 QIGONG – THE SIX HARMONIES

3 DAY FRANKSTON PENINSULA
RESIDENTIAL RETREAT
WITH QIGONG MASTER SIMON BLOW



This Qigong Retreat is offered as an uplifting residential-based training program held in the Frankston Peninsula, Victoria. The venue is set in an ideal environment for you to practice Qigong and meditation and provides an opportunity to relax, rejuvenate and re-energise.

The immersive format commences Friday mid-afternoon and ends on Sunday after a farewell lunch. It involves early morning starts, evening sessions to 9pm and free time throughout the day to enjoy the beautiful grounds, healthy meals and share in the company of fellow students.

Qigong Practice – Six Unity Qigong

Qigong is one of the branches of traditional Chinese healing arts. It consists primarily of meditation, gentle movements, mind-body exercises and self-massage.

This Retreat focuses on Six Unity Qigong – a practice covered in Simon Blow's most recently published book & DVD. You will learn Qi cultivation exercises to harmonise heaven and earth. The movements are reasonably dynamic, yet suitable for beginners to Qigong and more experienced students of all ages.

Liu He Gong – is the traditional name for Six Unity Qigong, an ancient health cultivation practise which has been influenced by the philosophy of Daoism and Traditional Chinese Medicine and further developed by experts and Professors at the Shanghai Qigong Research Institute in China.

The word *Liu He* refers to the six directions upward, downward, East, West, South and North. The exercise allows the practitioner to connect with and become an integral part of the universe and united with heaven and earth.

The Venue

The Peninsula Retreat Centre for Spiritual Learning is set within a large rural bush property and is 80 minutes east of Melbourne, accessible by car and train.



Simon Blow Qigong thanks Brahma Kumaris Australia for making their beautiful retreat centre available for this Qigong Retreat.

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

FRIDAY

3 – 4 pm Arrive
 4 – 5 pm Ba Duan Jin & Meditation
 6 .00 pm Dinner
 7.30 – 9 pm Six Healing Sounds and Meditation

SATURDAY

6.30 am Ba Duan Jin & Meditation
 8.00 am Breakfast and free time
 9.00 am Six Unity Exercise and Meditation
 10.30 am Morning tea
 11.00 am Six Unity Exercise and Meditation
 12.30 pm Lunch and free time
 3.30 pm Afternoon Tea
 4.00 pm Six Unity Exercise and Meditation
 6.00 pm Dinner and free time
 7.30 – 9 pm Six Healing Sounds and Meditation

SUNDAY

6.30 am Ba Duan Jin & Meditation
 8.00 am Breakfast and free time
 9.00 am Six Unity Exercise and Meditation
 10.30 am Morning tea
 11.00 am Six Unity Exercise and Meditation
 12.30 pm Lunch before we say 'farewell

Simon Blow

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise 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 a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

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

