



WHEN

FRIDAY 5 – SUNDAY 7 APRIL 2024

WHERE

The Brahma Kumaris Centre for
Spiritual Learning
150 Macarthur Drive
Wilton
New South Wales

WHAT'S INCLUDED

- 3 DAY Program with tuition by Master Simon Blow
- 2 night accommodation in a scenic retreat sanctuary
- All modern rooms with ensuites - twin share
- Plant-based breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation and Qigong sessions held in the spacious training centre and outdoor practice

HOW MUCH

- \$400 per person
- Single room supplement extra \$50

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

2024 QIGONG – RESTORING NATURAL HARMONY



3 DAY WILTON RESIDENTIAL RETREAT WITH QIGONG MASTER SIMON BLOW

This Qigong Retreat is offered as an uplifting residential-based training program set in an ideal environment for you to practice Qigong and meditation. A unique opportunity to relax, rejuvenate and re-energise.

The Retreat will be held in the Illawarra region, NSW and is an immersive experience commencing Friday mid-afternoon and ending 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 the company of fellow students.

Qigong Practice – Restoring Natural Harmony

Restoring Natural Harmony comprises the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China.

This Retreat teaches Guigen Qigong, a Traditional Chinese Medicine exercise as featured in Simon Blow's popular book & DVD, 'Restoring Natural Harmony'. You will be expertly guided through the practice. 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.

Guigen translates to returning to the root, to return to the source from which everything emerges. The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity and develops spiritual perception and awareness.

These internal exercises help regulate the meridian system bringing harmony to the mind, body and spirit. It is suitable for new and continuing students of all ages,

The Venue

The Brahma Kumaris Centre for Spiritual Learning is a beautiful, purpose-built residential retreat facility set amongst a peaceful oasis of established gardens and bushland.

It is a one-and-a-half-hour drive south west of Sydney. There is a nearby train station at Picton.



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	Guigen Qigong
10.30 am	Morning tea
11.00 am	Guigen Qigong
12.30 pm	Lunch and free time
3.30 pm	Afternoon Tea
4.00 pm	Guigen Qigong
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	Guigen Qigong
10.30 am	Morning tea
11.00 am	Guigen 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.

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 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

