



WHEN

FRI 4 – SUN 6 OCTOBER 2024

WHERE

Yarra Valley Retreat Centre
55 Rayner Court
Yarra Junction
Victoria

WHAT'S INCLUDED

- 3 day program with tuition by Master Simon Blow
- 2 night accommodation in semi-rural and bush property
- Twin and multi share rooms with bathroom facilities
- Plant-based breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation in a sacred purpose-built yurt and Qigong sessions held in training rooms and outdoors

HOW MUCH

- \$450 per person

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

2024 QIGONG – THE ART OF LIFE

3 DAY YARRA VALLEY RESIDENTIAL RETREAT WITH QIGONG MASTER SIMON BLOW



This Qigong Residential Retreat is a specifically designed training program held in an ideal rural environment for you to practice Qigong and meditation. An opportunity to relax, heal and re-energise.

The retreat is set on forty acres of glorious nature that also provides a safe haven for many birds, kangaroos, deer, koalas, and wombats.

The immersive format involves early morning starts, evening sessions and free time throughout the day to enjoy the beautiful property, healthy meals and share in the company of fellow students.

Qigong Practice – The Art of Life

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 teaches the core Qi cultivation practices covered in Simon Blow's popular book & DVD, *The Art of Life* that 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 also known as Daoist Yoga. Is one of the most widely practiced 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.

The Venue

The Yarra Valley Retreat Centre, is a co-creation weaving together The Gawler Foundation legacy of more than three decades in pioneering holistic healing and wellness retreats, with fifty years of expertise in meditation and self-awareness by The Brahma Kumaris in Australia.

The centre 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 Taiji Qigong Shibashi and Meditation
10.30 am Morning tea
11.00 am Taiji Qigong Shibashi and Meditation
12.30 pm Lunch and free time
3.30 pm Afternoon Tea
4.00 pm Taiji Qigong Shibashi 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 Taiji Qigong Shibashi and Meditation
10.30 am Morning tea
11.00 am Taiji Qigong Shibashi and Meditation
12.30 pm Lunch before we say 'goodbye'

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

