



## 2024 QIGONG – DA YAN WILD GOOSE

A 5 & 6 DAY YARRAHAPINNI  
RESIDENTIAL RETREAT  
WITH QIGONG MASTER SIMON BLOW



### WHEN

#### 1<sup>st</sup> 64 Movements – 4 nights

Friday 13 September –  
Tuesday 17 September 2024

#### 2<sup>nd</sup> 64 Movements – 5 nights

Tuesday 17 September –  
Sunday 22 September 2024

### WHERE

The Yarra Centre  
366 Grassy Head Road  
Grassy Head  
NSW 2441

### WHAT'S INCLUDED

- A 5 day and/or 6 day Program with all tuition by Master Simon Blow
- Accommodation and training is set within a rainforest retreat property
- The multi-share cabins have single bed arrangements with a basic bathroom and kitchen
- Serving vegetarian breakfast, lunch and dinner, with morning and afternoon tea included
- There are indoor and outdoor training spaces, meditation areas and forest walking paths

### HOW MUCH

- \$1000 for 1<sup>st</sup> 64 & \$1150 for 2<sup>nd</sup> 64
- If attending both Retreats a discount of \$150 is offered

### BOOKING

Bookings are essential so please contact Simon at

[simon@simonblowqigong.com](mailto:simon@simonblowqigong.com)

These Qigong Retreats are offered as residential-based training programs to enable the study and practice of original Da Yan - Wild Goose Qigong in an ideal, natural environment at Yarrahapinni on the mid-north coast of NSW. You will be expertly guided through the 1<sup>st</sup> and/or 2<sup>nd</sup> 64 Movement form and meditation sessions by Qigong Master Simon Blow.

With regular practice Da Yan - Wild Goose Qigong helps cleanse the body of toxins, restore energy, reduce stress and anxiety and helps individuals maintain a healthy and active life. It's also an opportunity to relax and re-energise in a remote coastal property, a sanctuary for native animals and abundant birdlife.

### Qigong Practice – 1<sup>st</sup> 64 and 2<sup>nd</sup> 64 Da Yan Movements

Da Yan translates to the great bird and is an ancient Qigong practice that was developed by Daoist Masters about 1700 years ago in the sacred Kunlun Mountains in south west China. Its healing legacy has been passed down through many generations and Simon is an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang.

The movements represent the flight of Wild Geese and help to expel toxins from the body, cleanse the meridians, improve blood flow and draw in and circulate fresh Qi. The 1<sup>st</sup> 64 Movement set deals primarily with the "post-natal" body and addresses illnesses or injuries that have developed as a result of everyday life.

Having dredged the channels in the 1<sup>st</sup> 64 form, the 2<sup>nd</sup> 64 set deals primary with the "pre-natal" body and is designed to clear the channels, absorb fresh Qi, expel stale Qi and restore organ balance. The pre-requisite to undertake the 2<sup>nd</sup> 64 is completion and a good working knowledge of the 1<sup>st</sup> 64.

### The Venue

The Yarra Centre is purpose designed for community groups and located halfway between Sydney & Brisbane, 30 mins north of Kempsey on the NSW mid-north coast and accessible by car only.



The centre is set on 75 acres of pristine rainforest and bushland situated at the base of national park protected, Mount Yarrahapinni, and directly backing onto the beautiful expanse of Grassy Head Beach,



*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

### ARRIVAL DAY

- 3 - 4pm Arrive
- 4 - 5 pm 1<sup>st</sup> session Wild Goose Qigong
- 6 .00 pm Dinner
- 7.30-9pm Six Healing Sounds and Meditation

### DAILY SCHEDULE

- 6.30 am 1<sup>st</sup> session Wild Goose Qigong
- 8.00 am Breakfast and free time
- 9.00 am 2<sup>nd</sup> session Wild Goose Qigong
- 10.30 am Morning tea
- 11.00 am 3<sup>rd</sup> session Wild Goose Qigong
- 12.30 pm Lunch and free time
- 3.30 pm Afternoon tea
- 4.00 pm 4<sup>th</sup> session Wild Goose Qigong
- 6.00 pm Dinner and free time
- 7.30-9 pm Six Healing Sounds and Meditation

### DEPARTURE DAY

- 6.30 am 1<sup>st</sup> session Wild Goose Qigong
- 8.00 am Breakfast and free time
- 9.00 am 2<sup>nd</sup> session Wild Goose Qigong
- 10.30 am Morning tea
- 11.00 am 3<sup>rd</sup> session Wild Goose Qigong
- 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 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.

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.

