



**Simon Blow Qigong** 

for better health and inner peace

# SPRING SELF CARE SUNDAY QIGONG

## with Qigong Master Simon Blow

HALF DAY WORKSHOP

**SUNDAY 8TH SEPTEMBER 2024 9:30AM - 12:30PM**

**Our Secret Garden**

**120 Berkeley Rd Berkeley Vale NSW Central Coast**

Qigong is one of the components of the holistic system of Traditional Chinese Medicine. With regular practice, Qigong helps cleanse the body of toxins, restores energy, reduces stress & anxiety, & assists in maintaining a healthy active life.

The half day workshop is suitable for new & continuing participants of all ages. Included is a range of simple Qigong forms, easy Breathwork & relaxing Meditation:

Qi Preparation, Warm Up, Ba Duan Jin (Daoist Yoga), Guigen (Medical Qigong), Six Healing Sounds + The Five Elements Qigong Meditation. All focused around harmonising the Body, Mind & Soul's seasonal transition from Winter to Spring - into the Wood Element, strengthening the Liver. Spring is a time for growth & vitality; for us to bloom & shine again - just as nature shows us.

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

**WHAT'S INCLUDED:**

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



**COST: \$65 per person**

**Parking: Onsite.**

**Wear: Layers & outdoor weather protection. BYO: water.**

**Prebooking is essential!**

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