

# ABSORBING the ESSENCE QIGONG

with Qigong Master Simon Blow



## WHAT'S INCLUDED

- Morning and afternoon tea
- Bring a plate to share for lunch
- Meditation sessions
- All tuition with Master Simon Blow

**ONE DAY WORKSHOP**  
**KATOOMBA MASONIC HALL**  
**8 Civic Pl, Katoomba, NSW**  
**SUNDAY 3rd AUGUST 2025 9.30am to 4pm**

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a professional Qigong teacher (Laoshi) since 1992, initiated into Dragon Gate Daoism and given the name 'Xin Si', meaning 'Genuine Wisdom'. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, Simon is also a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing, China and a Committee Member Wushu Tai Chi Qigong Australia, WTQA.

Simon conducts many workshops and retreats throughout Australia and has been leading specialist study tours to China since 1999. He is the author of numerous books, DVDs and meditation CDs about the ancient healing arts.

*Absorbing the Essence* comprises of the Qigong cultivation techniques taught to Simon by Grand Master Zhong Yunlong 14th generation lineage holder of Wudang Sanfeng Pai an Orthodox Internal Kung Fu at Wudang Mountain in China.

During this workshop, you will be expertly guided through the Wudang Longevity Qigong and the Ba Duan Jin Nurturing Life Qigong sitting form. All these self-healing methods are featured in Simon's Book/DVD *Absorbing the Essence*.

With regular practice, Qigong can help to cleanse the body of toxins, restore energy, reduce stress and anxiety and help individuals maintain a health and active life.

Other healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui and Taijiquan.

## COST

**\$110 or Early Bird discount of \$100**

*To receive the early bird discount, payment must be received before 25<sup>th</sup> July*

Bookings are essential: please contact  
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