2025 QIGONG –
ABSORBING THE ESSENCE

3 DAY WILTON-ILLAWARRA RESIDENTIAL RETREAT
WITH QIGONG MASTER SIMON BLOW

This Qigong Residential Retreat is offered as an uplifting 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 Blue Mountains, NSW. It is an immersive experience commencing Friday afternoon and ending Sunday after lunch, involving early morning starts, evening sessions and time throughout the day to enjoy the beautiful grounds, healthy meals and share the company of fellow students.

Qigong Practice - Absorbing the Essence

Qigong is an ancient healing system that has evolved over thousands of years to help improve people's quality of life; it is a part of the holistic system of Traditional Chinese Medicine (TCM). The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity which help develop spiritual perception and awareness.

This Retreat teaches the classic Dao Qi cultivation practices covered in Simon Blow's popular book & DVD, '*Absorbing the Essence*'. It comprises techniques taught to Simon by Grand Master Zhong Lun Long the 14th generation linage holder of the Wudang San Feng styles from Wudang Mountain, one of the sacred Daoist Mountains of China.

During the weekend, which is suitable for new and continuing students of all ages, you will be expertly guided through the following forms.

- ***Ba Duan Jin standing form***
- ***Wudang Longevity Qigong***
- ***Ba Duan Jin sitting form***

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.

The venue is located in Wilton Illawarra, a one-and-a-half-hour drive south west of Sydney. There is a nearby train station at Picton.

WHEN

FRIDAY 31 October to
SUNDAY 2 NOVEMBER

WHERE

The Brahma Kumaris Centre for Spiritual Learning
150 Macarthur Drive
Wilton, Illawarra
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
- Vegetarian breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation and Qigong sessions held in a beautiful training room and outdoor practice

HOW MUCH

- $450 per person
- Single room supplement extra $80

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com

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.

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

RETREAT PROGRAM

FRIDAY

3 – 4 pm	Arrive
4 – 5 pm	Ba Duan Jin standing
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
9.30 am	Wudang Longevity Qigong
11.00 am	Morning tea
11.30 am	Ba Duan Jin sitting
1.00 pm	Lunch and free time
3.30 pm	Afternoon Tea
4.00 pm	Ba Duan Jin sitting
6.00 pm	Dinner and free time
7.30 – 9 pm	Six Healing Sounds and Meditation

SUNDAY

6.30 am	Ba Duan Jin standing
8.00 am	Breakfast and free time
9.30 am	Wudang Longevity Qigong
11.00 am	Morning tea
11.30 am	Ba Duan Jin sitting
1.00 pm	Lunch before we say 'farewell

www.simonblowqigong.com