2025 QIGONG –
DA YAN WILD GOOSE

2 X 2 DAY EUROA INTENSIVE WORKSHOPS
WITH QIGONG MASTER SIMON BLOW

WHEN

1st 64 Movements
Mon 1 – Tues 2 September

2nd 64 Movements
Wed 3 – Thur 4 September

WHERE

One to One Wellbeing Centre
121 Binney Street
Euroa
VICTORIA

WHATS INCLUDED

- 2 DAY PROGRAM with all tuition by Master Simon Blow
- Vegetarian lunches, morning and afternoon tea
- Last evening dinner is booked at a local Chinese restaurant
- A variety of accommodation can be found near the Centre. It is essential to book ASAP as Euroa is a popular getaway destination (at cost)

HOW MUCH

- $350 per Retreat
- If attending both Retreats discounted to $600

BOOKING

Bookings essential. For further info please contact Vivien Watmough

M: 0405 612 400

E: euroa.qigong@gmail.com

These Qigong Workshops are offered as non-residential, intensive training programs to enable the study and practice of original Da Yan - Wild Goose Qigong.

Held in a boutique wellness centre in Euroa, where you will be expertly guided through the 1st and/or 2nd 64 Movement form and meditation sessions by Qigong Master Simon Blow. Its designed for those who already have experience in Da Yan Qigong. This is an opportunity to relax and re-energise in the picturesque, high country of Victoria.

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.

Qigong Practice – 1st 64 and 2nd 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, Simon is an authorised teacher and an initiated student of the 28th linage 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 1st 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 1st 64 form, the 2nd 64 movement 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 2nd 64 is completion and a good working knowledge of the 1st 64.

The Venue

One to One Well Being Centre is situated in a grand old house built in 1895 in the heart of Euroa, nestled at the base of the Strathbogie Ranges. The Centre has a large group room, architecturally designed and ideal for Qigong practice and meditation. There are morning sessions run outdoors under the trees on the banks of the nearby beautiful Seven Creeks.

The property is a two hour drive or train trip north east of Melbourne.

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

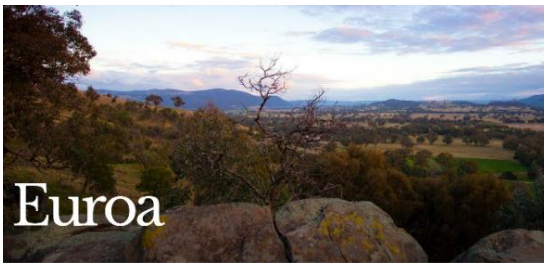
9.00 am Commencement

DAILY SCHEDULE

6.30 am	1st session Wild Goose Qigong
8.00 am	Breakfast and free time
9.00 am	2nd session Wild Goose Qigong
10.30 am	Morning tea
11.00 am	3rd session Wild Goose Qigong
12.30 pm	Lunch and free time
2.00pm	4th session Wild Goose Qigong
3.30pm	Afternoon tea
4.00pm	Six Healing Sounds and Meditation
6.00 pm	Dinner and free time

www.simonblowqigong.com

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.