

Simon Blow Qigong



— for better health and inner peace —

Thursday 17th- Sunday 20th July 2025

FIVE ELEMENT WELLNESS STUDIO, 121-127 Benjamina St, Forest Gardens, Cairns, QUEENSLAND



QIGONG TEACHER TRAINING

Become an accredited Qigong Teacher

Join Qigong Master Simon Blow as he shares his thirty years of teaching experience in this intensive teacher training. Become a confident, qualified qigong teacher and be part of our strong, supportive community of over 80 Authorised Qigong Teachers around Australia. This workshop is also for those who may not wish to teach, but are looking for a deeper level of training and practice.

Benefits of this 4-Day Certificate: Level 1

Simon will be imparting valuable skills and teaching the Qigong cultivation methods from his books and videos, *The Art of Life and Restoring Natural Harmony*. The skills and insights can over time be absorbed into your everyday life, knowledge and experience.

Simon Blow

Simon Blow has received certification in Medical Qigong clinical practices from the Xiyuan Hospital in Beijing and has been initiated into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom.

Simon is also a Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.



"Simon Blow is an academic ambassador working for the cultural exchanges between China and Western countries. Over the past twenty years he has been to China many times, visiting the sacred mountains and holy areas in China while studying the ancient Chinese methods for health and longevity.

He has made a life-long commitment to introducing and spreading these traditional Chinese health and wellbeing skills overseas."

GRAND MASTER CHEN CHUAN
GANG 28 LINEAGE HOLDER OF DA YAN WILD GOOSE
QIGONG

Gaining Qigong Teaching Mastery

The Qigong Teacher Training Program, established in 2016, involves a three level certification consisting of 300 hours including the practical application, history, philosophy and theories of Qigong. It generally takes students over two years to complete.

To receive a Level 3 Qigong teacher accreditation, successful completion of a Unit of Traditional Chinese Medicine (TCM) theory is required as well as practical and written assessments. Understanding the concepts and theory of TCM is an important step in the training to become a Qigong teacher. There are two further levels of attainment for teachers wishing to pursue Qigong Mastery.

Training Details

This is a non-residential 4-day teacher training intensive. It includes plant-based meal breaks (lunch, morning and afternoon tea), daily meditation sessions and all tuition by Qigong Master Simon Blow. The teaching schedule starts on Thursday at 9am, then a full daily program and ends on Sunday at 1:30pm.

Total Cost: \$750

"I am very grateful for your vast knowledge of Qigong which you have acquired through intense study and practice over many, many years. Your generous sharing and the opportunities you have given to so many people with other Masters in China is your amazing legacy.

It has been a privilege to have been nurtured to achieve an understanding of the practice and theory of Qigong worthy of being called Qigong Master Teacher. I honour your dedication to this, your mission in life.
In gratitude"

JAY McCOUGH
LEVEL 5 QIGONG MASTER TEACHER

For any enquiries regarding Qigong training please contact Simon Blow at: simon@simonblowqigong.com

Bookings are essential through Robert McAlpine M: 0439 300 045 E: tsdmrkfnq@gmail.com

www.simonblowqigong.com