



## 2 x one day workshops 4th and 5th April 2025 Adelaide

Cost \$135 for one workshop or \$250 for both

Bookings are essential please contact **Churn Chi Koay Ph: 0488 356 313**

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[www.simonblowqigong.com](http://www.simonblowqigong.com)

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a full time 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.

### What are the benefits of Qigong?

With regular practise these gentle slow movements stimulate the meridian system of the body helping to:

- Calm the mind, reducing stress and anxiety
- Improve blood circulation and restores energy
- Increase strength and mobility
- Cleanse the body of toxins, clearing inflammation, heat and stagnation
- Create a positive state of wellbeing

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.

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 Qigong/Taijiquan.



### Friday 4th April 9.30am to 4pm The Tarra Hall, Buddha House 496 Magill Rd, MAGILL

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 Absorbing the Essence.



### Saturday 5th April 9.30am to 4pm McLaren Vale Institute Hall 155 Main Road, McLaren Vale.

Six Unity Qigong – Liu He Gong is an ancient health cultivation practise which has been influenced by the philosophy of Daoism and Traditional Chinese Medicine and further developed by experts and Professors at the Shanghai Qigong Research Institute in China. The word Liu He refers to the six directions upward, downward, East, West, South and North. The exercise allows the practitioner to connect with and become an integral part of the universe and united with heaven and earth. Featured in Simon's book Six Unity Qigong.