



Da Yan- Wild Goose Rainy Day 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 and HALF DAY WORKSHOP
SATURDAY 17th OCTOBER 2026
9.30am to 4pm SUNDAY 18th
9.30am to midday
121 Binney Street Euroa, VIC

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.

Da Yan translates to the great bird and is an ancient Qigong practise that was developed about 1700 years ago. Its healing legacy has been passed down through many generations, Simon is an initiated student and authorised teacher of the 28th lineage holder Grand Master Chen Chuan Gang.

27 Movement - Rainy Day Practice

The Da Yan Wild Goose is a beautiful, powerful and graceful set of movements. It's best to practise outside in the early morning facing west, with the rising sun at our backs. On our numerous trips to China to study with Grand Master Chen and his family, we would practise every day. On rainy days or in bad weather when we couldn't go outside, we would do the Rainy Day Practice. This set of movements based on the 1st 64 keeps all the basic principles and maintains the essence of the Qi cultivation of the Da Yan Wild Goose Qigong system.

COST

\$150 or Early Bird discount of \$140

To receive the early bird discount, payment must be received before 9th Oct

**Bookings are essential: please contact
Vivien Watmough**

Email: euroa.qigong@gmail.com

Ph: 0405 612 400

www.simonblowqigong.com