



2026 DA YAN WILD GOOSE QIGONG

4 DAY GALONG – RIVERINA NSW
RESIDENTIAL RETREAT
WITH QIGONG MASTER SIMON BLOW



WHEN

THURSDAY 8 – SUNDAY 11 OCTOBER

WHERE

St Clement's
Retreat and Conference Centre
Kalangan Road, Galong, NSW 2585

WHAT'S INCLUDED

- 4 DAY Program with tuition by Master Simon Blow
- 3 night accommodation in a scenic retreat sanctuary
- All single rooms
- Breakfast, lunch and dinner
- Morning and afternoon tea
- Meditation and Qigong sessions held indoor and outdoor practice areas

HOW MUCH

- \$700 per person

BOOKING

Bookings are essential so please contact Simon at

simon@simonblowqigong.com



This Qigong Retreat is offered as an uplifting residential-based 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 Riverina region, NSW and is an immersive experience commencing Thursday mid-afternoon and ending Sunday after a farewell lunch. It involves early morning starts, evening sessions to 9pm and free time throughout the day to enjoy the beautiful grounds, healthy meals and share the company of fellow students.

Qigong Practice – 1ST 64 Da Yan Wild Goose

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 and Simon is an initiated student and authorised teacher of the 28th lineage holder Grand Master Chen Chuan Gang.

The movements represent the flight of Wild Geese and it helps 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.

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.

The Venue

St Clement's Retreat and Conference Centre is located in Galong in the Riverina area of NSW 20 minutes from Harden, a little over an hour's drive from the centre of Canberra or 3.5 from Sydney.

Set in more than 300 hectares of rural land, the centre's peaceful location is a perfect location for Qigong and meditation.

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 initiated 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 and a Committee member Wushu Tai Chi Qigong Australia.

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

THURSDAY

3 – 4 pm	Arrive
4 – 5 pm	Intro to Da Yan Wild Goose
6 .00 pm	Dinner
7.30 – 9 pm	Six Healing Sounds and Meditation

FRIDAY/SATURDAY

6.30 am	1st session & meditation
7.30 am	Breakfast and free time
9.00 am	2 nd session & meditation
10.30 am	Morning tea
11.00 am	3rd session & meditation
12.30 pm	Lunch and free time
3.00 pm	Afternoon Tea
3.30 pm	4th session & meditation
6.00 pm	Dinner and free time
7.30 – 9 pm	Six Healing Sounds and Meditation

SUNDAY

6.30 am	1st session & meditation
7.30 am	Breakfast and free time
9.00 am	2 nd session & meditation
10.30 am	Morning tea
11.00 am	3rd session & meditation
12.30 pm	Lunch before we say 'farewell'

www.simonblowqigong.com

