



Da Yan Gong 1st 64 workshop with Master Simon Blow

大雁功前六十四式 Dà Yàn Gōng Qián Liù Shí Sì Shì

9.30am to 12.30pm Tuesday 8th to Thursday 10th October, total cost \$120

Outside area of Balwyn Senior Citizens Centre, 45 Talbot Ave, Balwyn.

Da Yan translates to the great bird and is an ancient Qigong practise that was developed by Daoist Masters about 1700 years ago in the sacred Kunlun Mountains in the Northern Himalayan area, south west China. Its healing legacy has been passed down through many generations and Simon is an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang the eldest son of the legendary Grand Master Yang Mei Jung the 27th lineage holder.

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 first 64 Movement set deals primarily with the "post natal body" and addresses illnesses or injuries that have developed as a result of everyday life.

Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practise from the Xiyuan Hospital in Beijing and initiation into Dragon Gate Daoism with the given name Xin Si, meaning Genuine Wisdom. Simon is also a Standing Council Member and Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

Simon conducts many retreats and workshops throughout Australia and has been leading 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



"This is the teaching textbook on Wild Goose Qigong in accordance with the original principles of the ancient masters. There are accurate instructions for all the movements, genuine meaning and interpretation of understanding, without any change or someone else's words added to it. This is the best version in English on Wild Goose Qigong I have ever seen. I hope all practitioners read it carefully."

Chen Chuan Gang, 28th Generation Lineage holder of Da Yan Gong

Booking are essential please contact Simon Blow email simon@simonblowqigong.com Phone 0421815254

www.simonblowqigong.com