

Qigong Practitioner Training Course - Level 1

'Qigong has taught me to be more aware of how and what I feel; to listen to my body and to be kinder to myself. My Qigong practice has also given me the confidence to teach with diligence, and to inspire my students.' Cherele

'Qigong makes me feel calm, at peace, relaxed and my energy is replenished. There is a feeling of joy within. The philosophy and wisdom of Qigong helps me see what is happening around me in a different light.' Janita

This course is a 30-hour course. Qigong Practitioner is an introduction to the foundation history philosophy and theories of Qigong. This is a highly interactive workshop with a combination of theory, movement and meditation.

This training is based on the book and DVD - The Art of Life and Restoring Natural Harmony. Available from www.simonblowqigong.com

Qigong is a well-known resource for stress management and improving quality of life.

Who should attend: No pre-requisites or experience is required. This course would be beneficial to all for your own personal health and wellness. And especially valuable to all Health care professionals including: Physiotherapist, personal trainers, acupuncture, chiropractors, massage therapist, practitioners of Chinese medicine, nurses, doctors, kinesiologists, counsellors, Psychologist, psychotherapists, social workers, psychiatrists, School teachers, youth worker and leaders.

The workshop will include:

- History and philosophies of Qigong.
- Centering and Grounding techniques
- Meditation practises to assist you developing a self-awareness
- Qigong Preparation Movements
- Ba Duan Jin Standing form
- Taiji Qigong Shibashi form
- Guigen Qigong form
- Qigong Stillness Meditation
- Qigong Meditation - 5 Elements
- Qigong Meditation - Return to Nothingness

This course is a prerequisite for more advanced training such as Qigong Leader and Qigong Teacher Certificates.

Assessment and evaluation: There is no formal assessment or evaluation at this level. Students are encouraged to complete a self-assessment and start an ongoing experiential journal and evaluation.

On Completion of **Simon Blow Qigong Practitioner Training** a certificate of will be issued.

Visit the website for a full list of workshops and classes available. www.simonblowqigong.com

What happens after this training...

Personal practice

After attending this workshop, it is encouraged that students begin to cultivate their own personal meditation and Qigong practice. The aim is to assist you in developing a daily routine to refine your skills and promote your own self-healing and spiritual growth. You will receive a reflection diary to assist you for your own self-development and exploration.

If you are intending to continue your studies to the Qigong Leaders Level 2 and beyond, please ensure to keep a record of all your self-practise hours and your reflection diary as evidence. To receive a completion certificate for this unit 100 hours of self practise is required.

Supervision

We encourage you to integrate both the physical (movements) and inner (meditation) teachings and start to incorporate the theoretical and experiential learning in the context of your own self and professional development in Qigong. Also practice with a recognised supervisor over the next 12 months to a maximum of 3 years. These 90 hours of supervision are in the format of either individual sessions with Simon Blow or by attending classes, retreats, workshops or China Qigong Study Tours offered by Simon Blow. Acquiring of 90 hours of face to face training with Simon Blow are recognised up to 3 years prior to the start date of the Qigong Practitioner course

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Presenter: Simon Blow

Simon has received extensive training and certification from many respected sources: Traditional lineage Grand Masters, Traditional Chinese Medical hospitals and Daoist monasteries in China, Buddhist monasteries in Australia, and Hindu ashrams in India. He has been given authority to share these techniques through his teachings and publications.

Simon has received extensive personal training in the Da Yan Wild Goose Qigong from the 28th lineage holder Grand Master, Chen Chuan Gang, and is an initiated student and 29th Generation holder of this ancient healing art.

He received World Health Organisation certification in medical Qigong clinical practice from the Xiyuan Hospital in Beijing and is a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing. He has also been initiated into Dragon Gate Daoism and given the name of Xin Si, meaning 'Genuine Wisdom'.

For all Course inquiries please email Simon Blow directly on simon@simonblowqigong.com

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