

## Qigong Leaders Training Course – Level 2

*'Simon's greatest gift is his ability to make complex concepts so accessible to all people. His teaching is so clear yet so simple and profound that everybody feels included and encouraged to advance further. As a Qigong teacher this is what I hope to achieve in the future.'* Sylvia

### Course Outline

This is a 30 hour course, the Qigong Leader Training is a combination of the founding theories regarding Qigong with more emphasis on learning the physical forms and practical applications and teaching delivery of the Qigong movements (yang) and meditations (yin).

This training is based on the book and DVD - The Art of Life and Restoring Natural Harmony. Available from [www.simonblowqigong.com](http://www.simonblowqigong.com)

### Pre-Requisites

30 Hours Qigong Practitioner Level 1 Training

100 Hours Self Practice on established Qigong movements and Qigong meditation.

Evidence Log book & Reflection Journal must be submitted prior to the course.

The training is structured into the following modules:

- History and philosophies of Qigong
- Centering and Grounding methods and techniques
- Meditation practices in developing self-awareness and insight
- 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
- Working with small and large groups
- Principles of presenting movements
- Practical application of these movements
- Leading Meditation sessions
- Setting up the environment – Cleansing and creating Energetic Connection

## **Assessment and evaluation**

Evaluation of student progress is ongoing. There is an opened book written assessment as well as a practical assessment to be completed by the end of the teachers training.

A Completion Certificate of **Simon Blow Qigong Leader Training** will be issued after the successful completion of all modules and assessments.

## **This course is National & Internationally recognised by**

- World Academic Society of Medical Qigong, Beijing
- Shanghai Qigong Research Institute China
- Australian College of Eastern Medicine

## **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 28<sup>th</sup> lineage holder Grand Master, Chen Chuan Gang, and is an initiated student and 29<sup>th</sup> 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'.

Simon has spent quality time on many occasions at the Ramana Ashram in Southern India under the sacred mountain of Arunachala, following the self-realisation practices of Sri Ramana Maharishi.