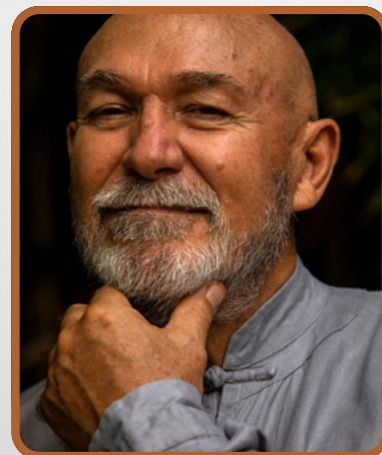


AUSTRALIA BA DUAN JIN QIGONG RETREAT

A 3-Day Live Qigong Immersion Retreat

Calm the Nervous System, Release
Tension, Restore Energy & Vitality



With Qigong Master & Doctor
of Traditional Chinese Medicine,
Peter Caughey.

Many people know they need to slow down and take better care of themselves, but rarely give themselves the time or environment to actually do it.

This retreat is an opportunity to step away from the pace of everyday life long enough for the body and mind to settle, rest, and reset through practice.

Join us this November as Peter guides you through this immersive 3 day journey via Ba Duan Jin Qigong, Medical Qigong & Traditional Chinese Medicine.

Supported by Sound Journey
Artist Josephine Costain



20-22 November 2026

Bancoora Inn
Connewarre, Victoria



Book now at
divineparallel.com.au

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AUSTRALIA BA DUAN JIN QIGONG RETREAT

A RETREAT DESIGNED TO HELP YOU SLOW DOWN

Many people spend years functioning under constant pressure without fully realising how much tension, fatigue, and overstimulation they are carrying physically and emotionally.

Externally life continues as normal. Internally many people feel:

- mentally overloaded
- physically tense
- emotionally exhausted
- unable to properly relax
- or simply flat after years of constant responsibility

Some people have other wellness practices, yet still struggle to find something they can genuinely sustain in everyday life.

Others are entering a different stage of life and beginning to think more seriously about health, vitality, aging, emotional wellbeing, and how they want to live moving forward. This retreat was designed for exactly that.

WHAT THIS RETREAT OFFERS

Held in the quieter coastal surrounds of Connewarre, Victoria, this immersive three-day retreat combines:

- Ba Duan Jin Qigong
- Medical Qigong
- Traditional Chinese Medicine
- Stillness Practices
- Guided Meditations
- Immersive Sound Journeys

The practices are gentle, practical, and accessible for both beginners and experienced practitioners.

The retreat is designed to support:

- Deeper breathing and relaxation
- Improved flexibility and circulation
- Reduced physical tension
- Clearer energy
- Greater internal awareness
- Calmer, more balanced internal state

THIS RETREAT MAY BE HELPFUL IF...

- You've been functioning under pressure for a long time and feel physically or emotionally depleted
- Your body feels tense, tight, or exhausted
- You want practical tools to support health, vitality, and emotional balance
- You've explored other practices but struggled to maintain consistency long term
- You're looking for a grounded and practical introduction to Qigong
- You want something you can physically feel working in your body



AUSTRALIA BA DUAN JIN QIGONG RETREAT

WHAT IS BA DUAN JIN QIGONG?

Ba Duan Jin, also known as the “Eight Brocades,” is one of the oldest and most respected Qigong systems within Traditional Chinese Medicine.

The system combines breathing, movement, posture, stretching, circulation, and awareness into a complete daily cultivation practice designed to strengthen and regulate the body.

Over time many people notice:

- Improved mobility and flexibility
- Deeper breathing
- Reduced tension and stiffness
- Clearer thinking
- More reliable energy
- Stronger connection to their body

Many people are drawn to Ba Duan Jin because they can physically feel the effects of the practice rather than needing to believe in abstract ideas.

MORE THAN LEARNING MOVEMENTS

This retreat is not only about learning a sequence of exercises.

It is also about what happens when the body begins to slow down properly again.

The retreat structure creates space for:

- Rest
- Physical awareness
- Quieter attention
- A different relationship with time, pace, and the body

WHAT YOU'LL EXPERIENCE DURING THE RETREAT

Ba Duan Jin Qigong

A complete Qigong system designed to support circulation, mobility, breathing, and vitality.

Medical Qigong and Traditional Chinese Medicine

Practical understanding of how stress, breathing, emotions, and lifestyle affect the body and internal energy system.

Jing Gong stillness practices

Stillness-based practices designed to develop calmness, internal awareness, and mental clarity.

Sound journey sessions with Josephine Costain

Immersive sound-based sessions designed to support deep relaxation and rest.



AUSTRALIA BA DUAN JIN QIGONG RETREAT

WHAT YOU'LL LEARN

During the retreat you'll learn:

- A complete Ba Duan Jin Qigong practice
- Practical methods for working with stress and tension
- How breathing and posture affect the body and mind
- Traditional Chinese Medicine principles connected to health and vitality
- Simple practices you can continue at home
- Ways to develop a more sustainable relationship with practice

RETREAT DETAILS

When: Friday 20 to Sunday 22 November 2026, 9am to 6pm each day.

Where: Bancoora Inn Traditional Ryokan
291 Breamlea Rd, Connewarre VIC 3227, Australia

A Japanese-inspired venue set within the quieter natural surrounds of Connewarre, Victoria. The venue offers a calm and grounded environment supportive of practice, stillness, and rest.

Bookings: To book your place, go to divineparallel.com.au/events.

Enquiries: For enquiries on pricing, accommodation, and any questions about the retreat, please contact Cameron, our local contact in Australia on +61 430 350 935



TESTIMONIALS

" Peter is authentic and genuine.
He was warm and humble, full of wisdom and passionate."

Andrea Klimowitz

" Every session sparked 'A-ha!' moments, providing valuable insights
and practical skills to incorporate into daily life."

Olivia Garelja

" It was wonderfully immersive and beautiful.
Truly special."

Daniel Palmquist Åsfjell



AUSTRALIA BA DUAN JIN QIGONG RETREAT

A WORD FROM PETER

Many people know they need to slow down and take better care of themselves, but rarely give themselves the time or environment to actually do it.

This retreat is an opportunity to step away from the pace of everyday life long enough for the body and mind to settle, rest, and reset through practice.

Much care,

Pete



FREQUENTLY ASKED QUESTIONS

How do I book?

Bookings are made directly through the booking page. You'll find a direct link at the bottom of this document. For any questions before booking, please contact Cameron on +61 430 350 935.

Do I need any prior Qigong experience?

No. The practices are accessible for both beginners and experienced practitioners.

What should I wear?

Loose, comfortable clothing. Layers recommended.

Is accommodation included?

No. Accommodation is arranged separately. Please contact Cameron for recommendations on nearby options.

Are meals included?

Lunch is provided each day. Breakfast and dinner are not included.

What's the refund and cancellation policy?

Please refer to the booking page for the refund and cancellation terms, or contact Cameron directly.

Can I attend if I have a physical condition or injury?

In most cases, yes. The practices are gentle and can usually be adapted. Please get in touch with Cameron before booking if you are unsure.

Who do I contact with questions?

Cameron is the contact person for this retreat. Please reach out to him for anything related to bookings, accommodation, dietary requirements, or logistics.