

CHINA QIGONG STUDY TOUR

With Qigong Master Simon Blow

10th Sept. to 29th Sept. 2005

This year's tour takes you to the wide expanses of the colourful Inner Mongolian Autonomous Region of China, staying in a yurt, joining in the songs and dances. Here you feel the heartbeat of Mother Earth. Another highlight of this tour will be the sacred Mt. Taishan, every Emperor of China, must during his reign, come here to express his humility to Heaven, to have his mandate to rule endorsed, and to be empowered by the sacred energy of the Universe. Every Chinese person, and especially every Qigong person aspires to visit Mt Taishan once in his or her life-time. It is the only UN 'Double' Registered World Heritage Site (for its natural beauty and also for the magnificent ancient buildings). At the ancient sites wherever you visit, you will be guided to absorb the nurturing, empowering Qi. You will also learn so much from Chinese Qigong Masters, it truly is a journey of a life time!!

Itinerary

Day 1 Depart Sunday 11th, Sydney. Air China 11.20am (connecting flights from Melbourne)
Arrive Beijing 11.20pm

Day 2 Start your tour with the Imperial palace, Tiananmen Square (Gate of Heavenly Peace)

Day 3 Visit the Great Wall of China- it's magnificence is overwhelming. Only by being there can one understand how great an engineering feat this is. Visit the Underground Palace at the Ming Tombs.

Evening express train to the Inner Mongolian Autonomous Region

Day 4 Morning arrive at Huhhot- the capital. After breakfast, 2-3 hours bus ride to the vast Mongolian grasslands, which stretch out far into the distance. A herdsman's family has a huge highly decorated round-shaped tent called a Yurt. Imagine sleeping in one!. Here it is another world altogether. These people dress in distinctive colourful costumes and excel in horsemanship. See their wrestling contests and see them performing their beautiful songs & dances.

Day 5 Morning will see you marvelling at the sunrise on the grasslands. To see more of the region, there is a bus ride to the small town of Gou Yang.

Day 6 Visit the biggest Mongolian Buddhist Monastery, the Wudang Monastery, Baotou.

Day 7 See the famous "Singing Sand-hill of the Mongolian desert. Bus back to Huhhot

Day 8 Five-Pagoda Temple, then in the afternoon visit a Chinese Traditional Medicine hospital. Meet Qigong Master in the evening for a lecture.

Day 9 The magnificent Dazao Pagoda and then the Great Mosque. Evening train back to Beijing. (more next page)

TRAVEL COSTS

Costs of all expenses after arrival in China (all travel, accommodation, all meals, tickets to attractions, cost of lectures Qigong training etc, excluding airport taxes) US\$ 1750

Flying Air China- airfare approx \$1350 including visa fee, not including travel insurance. Travel Agent JIANGSU China Travel Service Melbourne. China Portion through China Trusty Travel Company, Beijing. Total approx A\$3900. Group size of 10-15 helps make this a unique experience

Booking: Simon Blow Ph (02) 9716 4696 Please send in form to Simon with \$200 non- refundable deposit (cheque made payable to the 'Jiangsu China Travel)

www.simonblowqigong.com

Day 10 Each morning there will be Qigong practice in the local parks, filled with thousands of locals also practicing their Qigong or Tai Chi. Visit the Summer Palace- the Imperial Gardens with the serene lake and lotus flowers beside the Jade Ribbon Bridge, and palace buildings to be seen in all their glory. Many of the jade & gold ornaments and utensils are on display. Close by we visit the Xi Yuan Hospital one of the largest traditional hospitals in Beijing. Then on to the Sleeping Buddha Temple where there is the huge Sleeping Buddha statue where you feel the most wondrous Qi. Near there are the Botanical Gardens..

Day 11 The Lama Temple in Beijing with the marvellous Buddha embedded with precious stones. This statue must be 5 stories high, and all carved out of one tree, brought to Beijing over thousands of kilometres. It would need over 20 people at the base holding hands to encircle it! You don't have to try to feel the Qi here; the loving energy just comes and melts your heart. Time also for shopping!

Day 12 In the morning we take a bus to Mt. Taishan, thus we view so much of the scenery on the way. The beautiful city at the foot of the mountain welcomes us and we take a tour while viewing the great mountain from a distance..

Day 13 Climbing Mt. Taishan- really it is going up by cable car, as there are nine thousand, nine hundred and ninety nine steps up! And there you sense the powerful Qi! Film as much as you can as you can access the Qi from the photos! High up there is the Heavenly Avenue with such beautiful structures..

Day 14 Some time to recover from this breathtaking experience. Qigong meeting here also.

Day 15 Bus in the morning to the much revered birthplace of Confucius-Qufu pronounced "Chufu". The whole area with its magnificent temples and historic altars had always been protected by imperial decree. Ancient ceremonies are held here of olden times.. Evening train to Shanghai.

Day 16 "The Pearl of the East"-Shanghai is now a grand modern metropolis. See the bustling, new, hi-tech Shanghai with shining skyscrapers, and also see the ancient still there..

Day 17 Discussion with students & teachers of the Shanghai University of Sports & Education who specialise in Wushu & Qigong. Free time in the afternoon. Evening acrobatics concert.

Day 18 Visit the Jade Buddha Pagoda and have free time to roam and explore and shop. Evening flight back to Australia. 9.50pm .

Day 19. Arrive Sydney 7.30am (connecting flights Melbourne etc)

BOOKING FORM (Please book now to ensure your place)

Please reserve ... places on the 2005 Qigong Study Tour. I forward a deposit of \$200 (non- refundable)

Cash Cheque Visa M/card b/card Card no.

Expiry Date ... /... Signature..... Date.....

Name fax:.....

Phone No. (H) (B).....(M)

E-mail

Address..... Post Code.....

Nationality (as per Passport)..... Passport No..... Expiry date

Issue date..... Place of issue..... Visa No Visa category

Next of Kin: Name..... Address

..... Phone No:.....

Send to Simon Blow PO Box 446 Summer Hill NSW 2130

Phone: (02) 9716 4696

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Expiry Date ... /... Signature..... Date.....

Name fax:.....

Phone No. (H) (B).....(M)

E-mail

Address..... Post Code.....

Nationality (as per Passport)..... Passport No..... Expiry date

Issue date..... Place of issue..... Visa No Visa category

Next of Kin: Name..... Address

..... Phone No:.....

Send to Simon Blow PO Box 446 Summer Hill NSW 2130

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