

CHINA QIGONG STUDY TOUR

With Qigong Master Simon Blow

14th September to 4th October 2002

- Day 1** Depart Saturday, 14th, Sydney. Air China 11.20am (connecting flights from Melbourne etc)
Arrive Beijing 11.20pm
- Day 2** Tour Imperial palace, Tiananmen Square (Gate of Heavenly Peace)
- Day 3** Visit the Great Wall of China- an unforgettable experience, and 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 (8 hours).
- Day 4** Morning arrive at Huhehot- 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 round-shaped tent called a Yurt... experience living in a Yurt. Here it is another world altogether. These people have their distinctive colourful costumes, excel in horsemanship and will show you their wrestling and perform their beautiful songs & dances- all different from anything else in other parts of China.
- Day 5** Morning will see you marvelling at the sunrise on the grasslands. To see more the region, there is a bus ride to the small town of Gou Yang.
- Day 6** Visit the biggest Mongolian Buddhist Monastery in China, the Wudang Monastery near the city of Baotou.
- Day 7** See the famous "Singing Sand-hill of the Mongolian desert. Bus back to Huhehot
- Day 8** Five-Pagoda Temple, then in the afternoon, visit a Chinese natural therapy hospital. Meet Qigong Master in the evening for a lecture.
- Day 9** The magnificent Dazao Pagoda and then the Great Mosque. Train in the afternoon to Datong (4 hrs) staying the night at Datong
- Day 10** In Datong are the World Heritage Yungang Grottoes, where the treasured carvings and statues in the caves on the rock faces, dating back more than a thousand years ago can be admired.
- Day 11** Visit the Hanging Temple; built right on the face of the mountain cliff, 1000 years old. Evening train back to Beijing (cont'd overleaf)

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\$ 1700

Flying Air China- airfare approx \$1250 including visa fee, not including travel insurance. Travel Agent JIANGSU China Travel Service Melbourne

China Portion through China Trusty Travel Company

Total approx \$4440 A group size of 10 to 15 helps make this a unique experience

Booking: Simon Blow Ph 02 97164696. Please send in form to Simon with \$200 non-refundable deposit (cheque made payable to the 'Jiangsu China Travel Service')

Internet site: www.simonblowqigong.com

Day 12 Each morning there will be Qigong practice in the local parks, filled with thousands of locals also practicing their Qigong 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. The 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 13 The Lama Temple in Beijing with the marvellous Buddha embedded with the most precious stones. This statue must be at least 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 really try to feel the Qi here; the loving energy just melts your heart.

Day 14 In the evening we take the express train to Nanjing, a beautiful city which in history has been at times the capital of China. Totally different from north China. Meet Grand Master Feng of the Jiangsu Province Qigong Association and learn about Qigong healing. In the afternoon, view the magnificent Yangtse River Bridge.

Day 15 Qigong Class with Master Feng. In the afternoon practise and free time.

Day 16 Qigong class again with Master Feng. Afternoon visit to the Crowing Rooster Pagoda.

Day 17 Morning express to Shanghai- the Pearl of the East- a city with two-thirds the population of Australia. Visit the Yiyuan Ancient Temple and Market. Stroll on the Riverbank (the Bund).

Day 18 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 19 To Zhouzhuang Village, an ancient Ming Dynasty Village (about 80 kms from Shanghai). The distinctive Beautiful Ming Dynasty architecture is not to be missed. Return in the evening.

Day 20 Visit the Jade Buddha Pagoda and have free time to roam and explore and shop. Evening flight back to Australia. 9.50pm arrive Sydney next morning (Friday) 9.50am (connecting flights Melbourne etc)

BOOKING FORM (Please book now to ensure your place)

Please reserve ... places on the 2002 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) 97164696 www.simonblowqigong.com