

# **CHINA QIGONG STUDY TOUR**

## **With Qigong Master Simon Blow**

### **12<sup>th</sup> September to 29<sup>th</sup> September 2004**

This is a tour where you will meet with Qigong Grand Masters of China and go to Wudang Mountain, the training centre of China's Taoist Masters for thousands of years. There you will have Qigong classes with the Grand Master from the Purple Cloud Temple. You will also travel to Green Mountain Taoist Temple (Ching Chengshan) where you will meditate and absorb the Qi energy prepared for those fortunate enough to be there. Here beside the Clearing Heart Pool you will be cleansed and invigorated. You will arrive first in Beijing and gaze in wonderment at the Imperial Palace in all its glory and then visit the Great Wall and gaze into history. Here and in the other places in China you will absorb the powerful Qi energy and practice Qigong with the locals. This is a tour for strengthening and transformation. This is a boutique tour to learn, to enjoy and to empower oneself. Some have been on these tours as many as 5 times! Need we say more?

*Itinerary (slight changes may be made later)*

**Day 1.** Sept 12 Sunday. Depart from Melbourne 8.00am or Sydney 11.20 am; fly to Beijing.

Arrive Beijing 11.30pm. Staying at a hotel close to gardens where you can practice Qigong.

**Day 2.** Visit the Imperial Palace (the Forbidden City); meet Prof of Qigong Dept, Xi Yuan Hospital for lecture.

**Day 3.** Bus to the Great Wall with plenty of time to walk, photograph, and see with your own eyes this great wonder of China. We continue to the Ming Tombs to see the Underground Palace.

**Day 4.** Visit the Lama Temple in Beijing with the marvellous Buddha embedded with the most precious stones. It rises to a height of over 5 stories high, all carved out of one unbelievably huge camphorwood tree. Here the Qi is to be absorbed and stored. Evening board train overnight to arrive in Xian.

**Day 5.** In Xian, once the ancient capital under the Tang Dynasty, you will see the terracotta warriors, and other ancient relics. Meeting with Qigong master for lecture

**Day 6.** Tour the city and view the pagodas and temples. Evening flight to Chengdu. Then bus to Green Mountains (Ching Chengshan), the Taoist centre, (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 \$1350 including visa fee, airport tax, not including travel insurance. Total approx \$3800**

**Travel Agent Jiangsu China Travel Service** (*Address: 8<sup>th</sup> Floor, 454 Collins St. Melbourne 3000.*

*Contact John Zhang*) **China portion through China Trusty Travel Company;**

**Booking: Simon Blow Ph 02 9716 4696/ 0421 815 254 / Please send in form to Simon with \$200 non- refundable deposit (cheque made payable to the 'Jiangsu China Travel Service'). See Internet sites: [www.simonblowqigong.com](http://www.simonblowqigong.com)**

**Day 7.** Green City Mountain (Qing Cheng Shan) is the most famous Taoist centre of China where for thousands of years the Taoists have sent out healing Qi to the world. You stay at the resort nestled at the foot of the mountain at the gateway.

**Day 8.** Here at Green Mountain remember to take good photos of the two thousand –year -old ginkgo tree and the other 1000-year-old tree. They have the most moving and healing Qi. In this Taoist sanctuary allow yourself to be overpowered by the Qi energy and soak it in as you roam the peaceful pathways and temples. Cleanse the inner organs at the Clearing Heart Pool with the help of the crystal clear waters of the gurgling stream. (To know what to expect, see “Inner Peace” video by Jack Lim). Meditate and practise Qigong. Plenty of free time.... A few days here will benefit one a lifetime.

**Day 9.** Back to Chengdu after breakfast; afternoon train to Wudang Mountain.

**Day 10.** Arrive at Wudang lunch time meeting Grand Master in the temple in the afternoon. This is the third time that Qigong Master Simon Blow has been here for training. Wudangshan mountains stretch for 400km across central China, it is a beautiful and pristine place, for thousands of years Taoist from all over China have travelled here to absorb knowledge. Many great temples here were built at the orders of the Emperors to thank the Taoists for their spiritual help. Classes will be held at the Purple Cloud Temple (purple coloured Qi is the most powerful) an active Monastery with over 150 monks and nuns. It is so quiet and peaceful

**Day 11.** Grand Master gives classes with lecture and practice in the morning. Tour in the afternoon.

**Day 12.** Grand Master gives classes in the morning. So many sacred spots to feel and nurture the Qi.

**Day 13.** Grand Master gives classes with lecture and practice in the morning. Tour in the afternoon.

**Day 14.** More classes with the Grand Master in the morning, a Certificate of Qigong Study issued; going down the mountain in the afternoon to catch the evening train to Wuhan

**Day 15.** Spend day in Wuhan a large city on the banks of the Yangzi River visiting the Flying Crane Pagoda

**Day 16.** Morning flight to Shanghai with a city tour upon arrival. Visit Shanghai Qigong Institute.

**Day 17.** More sightseeing during the day. Evening flight back to Australia 9.30 pm.

**Day 18.** Arrive, Wednesday 29<sup>th</sup>, Sydney 7.20am connecting flight Melbourne later

There will be 2 performances on the trip: a music concert in Beijing, and an acrobatic performance in Shanghai

### **BOOKING FORM (Please book now to ensure your place)**

Please reserve ... places on the 2004 Qigong Study Tour. I forward (for each) 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).....(Mob) .....

E-mail .....

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

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

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

Send to Simon Blow

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