

# simonblowqigong.com



## CHINA QIGONG STUDY TOUR 2006

**With Qigong Master Simon Blow  
14<sup>th</sup> September to 1<sup>st</sup> October. 2006**

We arrive in Beijing the ancient capital, view the Forbidden City and the other architectural wonders; walk along the Great Wall of China, looking back into history. We visit the Xiyuan Hospital which is the largest Traditional Chinese Medicine (TCM) Hospital in Beijing we tour the different department and talk to both Doctors and patients. Beijing is also the venue for the 2008 Olympic Games. Each morning there will be Qigong practise in the local parks and at mystical mountains, it's a beautiful way to start the day and to absorb the essence of China. On the 2005 tour while walking through the Confucius forest we meet a Taoist Priest by the name of Xiangli, we formed an instant friendship and he has invited us to his Monastery. Xianrentai is the Immortal Mountain with the White Cloud Temple near the large city of Wuhan in Hubei province. We travel there by overnight train (first class sleepers) and spend two nights at the Monastery nestled up high in the mountains as guests of Master Xiangli. We will have Qigong and meditation practise here, the peace and energy gained will always be with you.

We continue our journey south to Guilin, we cruise the Li River gazing at the mountain scenery which is renowned as the most beautiful in China. Further to the southwest of China, Yunnan province, which borders Tibet, Burma, Laos and Vietnam. You will never forget the people, with their amazing colourful costumes and spectacular dances. Kunming is the centre of this area, and is called the "city of Eternal Spring"; this is the area of the legendary Shangri La, go back into history as we tour the ancient towns of Dali and Lijiang. Our journey then takes us to Shanghai a large modern city some call the New York of China, here we can sample the famous culture, food and shopping.

**Itinerary other side**

### TRAVEL COSTS

**Costs: in China US\$ 1850, including all travel, accommodation, all meals, tickets to attractions, cost of lectures Qigong training etc). Flying Air China- airfare approx \$1490 including visa fee, travel insurance and all airport taxes. Total approx AUD\$4020.**

**Travel Agents: Airfare- Jiangsu China Travel Service Melbourne. Contact: Director John Zhang Ph: (03) 9602 1698 China Portion - Trusty Travel Company, Beijing.**

**Bookings Simon Blow Ph (02) 9716 4696. Mobile 0421 815 254 Please send form to Simon with \$200 non-refundable deposit, cheques made payable to 'Jiangsu China Travel Service' Simon Blow PO Box 446, Summer Hill NSW 2130, Australia. Email [simon@simonblowqigong.com](mailto:simon@simonblowqigong.com)**

**[www.simonblowqigong.com](http://www.simonblowqigong.com)**

**Itinerary - slight changes may occur**

- Day 1.** Depart Sydney Thursday 14<sup>th</sup> September 11.30am (connecting flights from Melbourne etc) Arrive Beijing 11pm
- Day 2** Visit the Xiyuan Hospital then after lunch to the Forbidden City, a huge complex of such grandeur and splendour. Its radiance has not dimmed in spite of being built six centuries ago. The palace was constructed according the dream vision of a Ming Emperor.
- Day 3.** Bus to the Great Wall. There will be plenty of time here to walk and view one of the ancient wonders of the World.
- Day 4** More sightseeing or would you like to do some shopping? Board train in the evening to Wuhan.
- Day 5.** Arrive Wudan, after breakfast two hour bus trip to Xianrentai, White Cloud Temple.
- Day 6.** Morning Qigong and meditation training, with the Master. There are Taoist sites to visit and the mountain scenery is breathtaking.
- Day 7.** Morning Qigong with the Master, back to Wuhan and evening train to Guilin.
- Day 8.** Arrive Liuzhou, and then 2 hour bus trip to the city of Guilin, Guilin is a beautiful town by the Li River, which has magical mushroom shaped mountains like from a fairy tale book.
- Day 9.** Spend the whole day on a boat, sailing on the crystal clear water which mirrors the mountains, bamboo groves and beautiful scenery a time to relax & enjoy!
- Day 10.** Morning flight further south to Kunming, a city away from the hustle and bustle of modern China. The sights to visit this day will be Dianchi Lake and Western Hill
- Day. 11.** Bus journey to the ancient town of Dali, once the most powerful centre over 1000 years ago. The ethnic Bai people live here, who will warmly welcome you with all their colourful charm and sincerity. Another beautiful facet of China.
- Day 12.** Sightseeing in Dali
- Day 13** Bus journey to the ancient town of Lijiang, quaint, unique, with Chinese real old world charm
- Day 14** Whole day in Lijiang
- Day 15** Bus journey back to Kunming, spare time, then evening train to Shanghai,
- Day 16** Arrive Shanghai, check into hotel sightseeing, and shopping.
- Day 17** Visit the Shanghai Qigong Institute, sightseeing and flying back to Australia in the afternoon
- Day 18** Arrive Sunday 1<sup>st</sup> October, Melbourne 6.30am and Sydney 9.30am.

**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... places on the 2006 China Qigong Study Tour. I forward a deposit of \$200 (non- refundable)

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

(Cheque made payable to Jiangsu China Travel Service.)

Expiry Date ... / ... Name on Card ..... Signature..... Date.....

Name (as on Passport)..... Fax:.....

Phone No. (H) ..... (B)..... (M) .....E-mail.....

Address.....

..... Post Code.....

