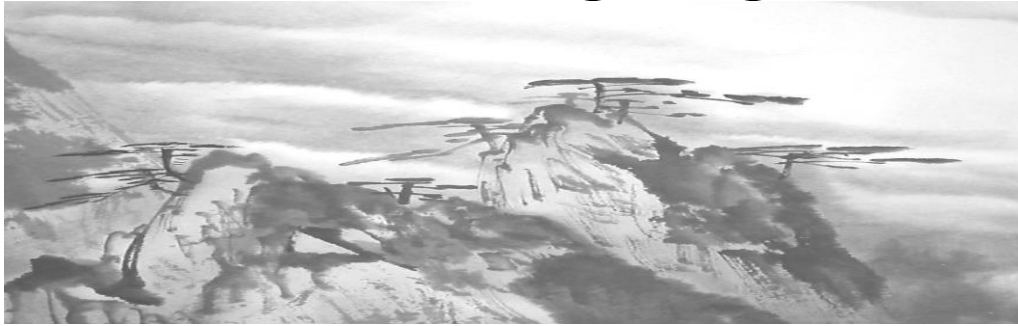


# simonblowqigong.com



## Qigong China Training Tour 2<sup>nd</sup> to 19<sup>th</sup> April 2007

This special tour is designed for the Tai Chi/Qigong teacher, Yoga teacher, massage therapist, practitioner of Traditional Chinese Medicine or other natural therapies, or anyone interested in a deeper understanding in Chinese Medical Qigong and Daoist Meditation.

This eighteen day training tour will include a course of four full days of **Chinese Medical Qigong** taught by Professor Xu Hongtao (see website [www.guigen.cn](http://www.guigen.cn)), who has been a Qigong Doctor for over twenty years at the Xiyuan Hospital, Beijing, China. The Xiyuan Hospital is the largest Traditional Chinese Medicine Hospital in Beijing and one of the main teaching hospitals in China.

You will receive instruction in **Guigen Qigong** and information on how it can be prescribed in treating disease and maintaining health. Basic Traditional Chinese Medicine theory, Tuina massage, Taoist Meditation and Traditional Healing techniques will also be covered. Daily Qigong and meditation practice is an important part of the training. After the four days you will **receive certification from the World Academic Society of Medical Qigong**. Also included will be a one day cooking course Food as Medicine, conducted at the Beijing University of Traditional Chinese Medicine. We will prepare four dishes and learn how they can be used to treat different conditions, from cutting the vegetables, to cooking and eating the final product.

While in Beijing we will have plenty of time to visit the Forbidden City, Temple of Heaven, Summer Palace and many other ancient and modern sites, also experience concerts by local choir and folk music groups. We will be having the four days Medical Qigong training with Dr Xu outside of Beijing, at a hotel conference centre built in an old fortress on the Great Wall of China. The air is clear and fresh and the scenery spectacular.

This tour will also include a journey to Wuhan, the capital of Hubei province which is an overnight train trip from Beijing. We will spend five days here and we will receive Daoist meditation training from the Daoist priests at the Changchun Temple a large Monastery, we will also visit the sacred Nine Immortal Mountain. The knowledge and the experience will always be with you, it will help transform your life

**This will be a journey of a lifetime, to learn, absorb and share.**

The costs will be in two sections:

**No 1.** Return airfare flying Air China approx **\$1540** including Visa fee, taxes and travel insurance.

**No 2.** All costs in China, including all accommodation (twin- share), transport, meals, training and certification

**US\$1750 @ 0.7300 (variable) = A\$2397 Total cost approx \$3937**

**This is the third year that this professional training tour has been organised.** For bookings and more information please contact me at the addresses below. There will be only a limited number of spaces available. Please send me a non-refundable cheque for \$200 made out to Jiangsu China Travel Service to reserve your place. **Itinerary other side**



**Itinerary - slight changes may occur**

- April 2** Depart Sydney Monday 2<sup>nd</sup> April 11.30am (connecting flights from Melbourne etc)  
Arrive Beijing 11pm transfer to hotel
- 3** Tiananmen and the Forbidden City, Xiyuan Hospital in afternoon
- 4** The Ming Tombs and the Great Wall of China Beijing part
- 5** Cooking class all day
- 6** Lama Temple and back street area, evening train to Wuhan
- 7** Arrive in Wuhan in morning, check in hotel for breakfast and free time till meet at lunch time,  
Meeting Master Cheng Zhen in afternoon for lecture.
- 8 to 10** Qigong Lecture and training with master in morning, sightseeing or practise qigong in afternoon
- 11** Final Qigong lecture with Master Cheng Zhen, evening train back to Beijing
- 12** Arrive back in Beijing in morning ,check in hotel for breakfast, more to see or shopping, concert  
In evening
- 13** Three hour bus trip to Jixian county [www.hygcc.com](http://www.hygcc.com) check into Huangya Mountain Village Hotel  
After lunch lecture on Medical Qigong by Professor Xu Hongtao and commence training
- 14 to16** Morning Qigong practise, continue lectures
- 17** Final Qigong lecture with Prof Xu, bus back to Beijing in afternoon, check into hotel
- 18** Afternoon flight home