

simonblowqigong.com



CHINA QIGONG STUDY TOUR 2007

With Qigong Master Simon Blow

24th September to 11th October 2007

We arrive in Beijing and gaze in wonderment at the Imperial Palace in all its glory, visit the Great Wall and peer into history as you follow with your eyes the Great Wall disappearing into the distant peaks. We visit the Xiyuan Hospital talking to both Doctors and patients, learning about Traditional Chinese Medicine (TCM). Beijing is a rapidly expanding city, maintaining elements of its ancient past and emerging future. Beijing will be the host for the 2008 Olympic Games.

We travel by overnight train to Xian, the ancient capital from the Tang dynasty, here we see the famous Terracotta Army as they guard the First Emperor. Then on to Green City Mountain (Qing Cheng Shan) in Sichuan Province, it's a one hour walk up the mountain path to the Taoist Monastery, nestled up in this beautiful natural green mountain. We will spend two nights here meditating with the Monks and Nuns who send out healing energy to the universe. There are many trails that lead to sacred healing areas and you will have time to explore on your own. You can sit beside the Clearing Heart Pool and the energy will be cleansed and invigorated. Sichuan Province is the home of the Panda, we will stay two nights at a Panda Reserve, where we will have plenty of time to roam the Bamboo Forests and observe the Panda's in their natural environment.

We start our trek home with a two night cruise down the Yangtze River to the city of Wuhan then onto Shanghai and home. In places we visit you will absorb the powerful Qi, practice Qigong and meet Grand Masters. This is a tour of a lifetime, please book your place early as there will be limited spaces available.

Itinerary other side

TRAVEL COSTS

Costs are in two sections: No1. Return airfare from Australia flying Air China \$1540 including visa fee, all airport taxes and travel insurance. No2. All costs in China, including all transfers, travel, accommodation (twin-share) meals, tickets to attractions, lectures, Qigong training etc US\$2000 @ 0.8200 (variable) = \$2440 total costs approx \$3980

This is the tenth tour that Qigong Master Simon Blow has lead to China, for bookings and more information please contact Simon at the addresses below. There will only be limited number of spaces available, please send a non-refundable cheque for \$200 made out to Jianguo China Travel Service to reserve your place.



Simon Blow PO Box 446, Summer Hill NSW 2130, Sydney, Australia. Phone 61 2 9716 4696
Mobile 0421 815 254 Email simon@simonblowqigong.com

www.simonblowqigong.com

Itinerary - slight changes may occur

- Day 1** Depart Sydney Monday 24th September 11.30am (connecting flights from Melbourne etc)
Arrive Beijing 11pm local time.
- Day 2** Visit the Xiyuan Hospital, after lunch to the Imperial Palace (called the Forbidden City, for only those in the court would be permitted to enter).The Palace brings to you the great splendour of the Celestial Kingdom.
- Day 3** Bus to the Great Wall, with plenty of time to walk along the Great Wall and take photos. From there, we go to visit the Ming Tombs and see the Underground Palace only discovered 50 years ago. Such treasures are there for you to view.
- Day 4** Morning free time and then visit the Lama Temple in Beijing. With the marvellous statue of the Buddha embedded with precious stones. It rises to a height of over 5 stories high and is all carved out of the trunk of one sandalwood tree. Here the Qi is to be absorbed and stored...
Boarding a train to Xian in the evening.
- Day 5** Arrive Xian early in the morning. This is the ancient capital of China during the Tang Dynasty from 700 AD. You will see the terracotta warriors and other ancient relics.
- Day 6** Tour the city and view the pagodas and temples. Afternoon train to Chengdu
- Day 7** Arrive Chengdu, Sichuan Province around lunchtime and then bus to Green City Mountain (Qing Cheng Shan). We can leave our heavy luggage at the base of the mountain and take a small overnight bag up to the guesthouse at the Monastery. We meet the Taoist Priest and have meditation practise with the other Monks and Nuns.
- Day 8** We awake in this beautiful sanctuary, practise Qigong and meditate the energy from this mystical area will always be with us. We will have lectures and classes with the Grand Master, Qing Cheng Shan is one of the most sacred Taoist areas, and we will have free time to explore this wonderland. You can buy Green Tea from the Monastery to take home.
- Day 9** We leave our Taoist sanctuary, but the energy will always be in our heart. Bus to Chengdu, Sightseeing and shopping.
- Day 10** In the morning we travel by bus to the Panda Reserve.
We can roam the bamboo forests and see the Pandas in the natural environment
- Day 11** More time in this natural reserve, free time to view the Pandas or to relax and meditate.
- Day 12** Bus to the great city of Chongqing, on the banks of the Yangtze River. Stop halfway to see the Giant Buddha at Leshan County on the riverside. It is so enormous that you can only see it all when half a kilometre away.. Feel the Qi and take photos
- Day 13** Board the pleasure boat for the Yangtze River cruise 8.am
- Day 14** All aboard! Lazily drift down and view the incredible gorges and temples on the cliff sides.
- Day 15** Arrive at Yichang on the river. Bus mid-morning to Wuhan city. Afternoon sightseeing..
- Day 16** Morning flight to Shanghai. Sightseeing-shopping.
- Day 17** Shanghai is such a beautiful modern city. You will be surprised! Flying home in the evening.
- Day 18** Arrive Thursday 11th October Melbourne 6.30am, Sydney, 9.50am

BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the 2007 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:.....