

# simonblowqigong.com



## CHINA QIGONG STUDY TOUR 2008 With Qigong Master Simon Blow 22<sup>nd</sup> September to 10<sup>th</sup> October 2008

This year's 19 day tour takes us to the major destinations of Beijing, Xian and Shanghai and also along the legendary Silk Road. Experience the historical towns on the ancient trade route between East and West, over thirteen different ethnic groups live in this region. This area is shrouded in mystery and many legendary stories have come from the people travelling this route.

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, like the backbone of an ancient dragon. 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 August Olympic Games.

We board an overnight train to Xian where we will view the Terracotta army as it still guards the first Emperor. Then on to Gansu province staying in the capital Lanzhou; from here we travel by bus viewing the breath taking scenery to Xiahe and the Labuleng Monastery, (2920m above sea level) which is the leading Tibetan Monastery town outside of Lhasa, here we stay three nights visiting the ancient Temples and Monasteries, experiencing this ancient culture. We visit the ancient city of Turpan an important staging post on the Silk Road and which was a centre for Buddhism before converting to Islam in the 8<sup>th</sup> century. We arrive in Urumqi the capital of Xinjiang province in the outer reaches of China boarding Kazakhstan, Uzbekistan, Afghanistan and Pakistan. Urumqi is the furthest city in the world from the ocean.

Our journey takes us to Shanghai the New York of the east before flying home.

This is a tour of a lifetime, please book your place early as there will be limited spaces available.

**Itinerary other side**

### TRAVEL COSTS

**Total cost is \$4600 which includes return airfare from Australia flying Air China, visa fee, all airport taxes and travel insurance. All costs in China, including all transfers, travel, accommodation (twin-share in good three star hotel) meals, tickets to attractions, lectures, Qigong training etc**

**This is the eleventh 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 Jiangsu China Travel Service to reserve your place.**



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**Itinerary - changes may occur-** the tour is flexible we can arrange more sightseeing, shopping or free time on your own or any special interests at these locations

- Sept 22** Depart Sydney Monday 22nd September 9.35am arrive Beijing 10.15pm local time.
- Sept 23** 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.
- Sept 24** Bus to the Great Wall, with plenty of time to walk along one of the wonders of the world and then to the Ming Tombs.
- Sept 25** The Summer Palace and the Temple of Heaven, evening train to Xian. We travel in first class sleepers, four to a cabin, comfortable and relaxing.
- Sept 26** Arrive Xian at 7.30am. This is the ancient capital of China during the Tang Dynasty from 700 AD. You will see the terracotta warriors and other ancient relics.
- Sept 27** Tour the city and view the pagodas and temples. Evening train to Langzhou
- Sept 28** After breakfast a 4 hour bus trip, viewing the amazing scenery as we climb to 2920m above sea level to Xiahe and the Labuleng Palace built in 1709 and at its peak housed 4000 monks, it has about 1500 today .This area is called the Gan Nan Tibetan Autonomous Prefecture.
- Sept 29/30** Visit ancient temples and monasteries, practise Qigong and meditation. We will have meetings with Buddhist monks, experiencing this amazing culture.
- Oct 1** Bus back to Langzhou after breakfast, then evening overnight train to Dunhuang
- Oct 2** Arrive at 7am, Dunhuang is a lush green oasis in a flat barren desert landscape, visit Singing Sand Hill and the Crescent Moon Lake
- Oct 3** Visit the Mogao Caves set in the desert cliffs seeing the 1000 year old Buddhist mural paintings. Overnight train to Turpan
- Oct 4** Turpan which is 150m below sea level and is the second lowest depression in the world after the Dead Sea. Visit the ruins of the ancient city and the small streets with grapevine trellises. Visit Grape Valley set amongst the desert landscape.
- Oct 5** View the pagodas, the historical Buddhist cave temples and the 1000 year old underground irrigation canals, two hour bus trip to Urumuqi
- Oct 6** Visit the Heavenly Lake and South mountain ethnic group village
- Oct 7** Mid morning flight to Shanghai arriving at 3pm
- Oct 8** Shanghai Qigong Research Institute, shopping etc and acrobatics show in the evening
- Oct 9** Local tour during the day and evening flight home
- Oct 10** Arriving Sydney 8am

### BOOKING FORM

**Please book now to ensure your place**

Please reserve..... Places on the 2008 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:.....