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Qigong China Training Tour 6th to 24th April 2009

This special tour is designed for the Tai Chi/Qigong teacher, massage therapist, practitioner of Traditional Chinese Medicine or other natural therapies, or anyone wanting to learn the famous Wild Goose Qigong directly from family lineage holder Grand Master Chen Chuan Gang the elder son of the late Grand Master Yang Mei Jun. We will also receive Daoist instruction from Grand Master Wu Cheng Zhen the Abbott of the Changchun or Eternal Spring Monastery in Wuhan.

We arrive in Beijing, the capital of China for over eight hundred years. It's a rapidly expanding city maintaining elements of it's ancient past and emerging future, we will visit the Forbidden City and the Great Wall of China and the view the Olympic sites from the 2008 Olympic games. Also an official visit to the Beijing University of Traditional Chinese Medicine meeting professors from the World Academic Society of Medical Qigong. Staying at our regular base in Beijing the Peony Hotel we will be eating a wide variety of Chinese cuisine at local restaurants. (Vegetarian meals available)

Our journey takes us by overnight train to Wudang Mountain, which is one of the sacred Daoist Mountains and throughout its long history scholars and spiritual seekers have travelled here to learn and develop their Qi. This will be the sixth group that I have lead here, it's an amazingly beautiful and energetic place. Then onto Wuhan which is the capital of Hubei province were we will stay nine day learning Wild Goose Qigong and Daoist meditation. Our journey finishes in Shanghai the New York of the east before flying home.

I have meet Grand Master Chen and he is looking forward to teaching us and giving us the authority to share the Wild Goose Qigong. Grand Master Cheng Zhen is my Taoist teacher she has a loving and caring energy and is also looking forward to teaching us.

Daily Qigong and meditation practice is an important part of the training.

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.

Itinerary other side

TRAVEL COSTS

Total cost is \$4500 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, certification etc

This is the twelfth 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.



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 - the tour is flexible, we can arrange more sightseeing, training, shopping or free time.

- April 6** Depart Sydney Monday 6th April 9.35am
Arrive Beijing 10.15pm local time, transfer to hotel
- 7** Tiananmen and the Forbidden City, Xiyuan Hospital in afternoon
- 8** The Ming Tombs and the Great Wall of China
- 9** The Beijing University of Traditional Chinese Medicine, board train mid afternoon for Mt Wudang. We travel in first class sleepers four to a cabin, will have dinner and breakfast in the dinning car. Time to relax, meet new friends and watch the changing scenery
- 10** Arrive Wudang lunch time, then drive up the mountain to our hotel, after checking in visiting the Purple Cloud Temple in the afternoon.
- 11** There are many sacred temples and historical places to visit, after lunch we go up to the Golden Summit by cable car, the roof of the Temple is made from solid gold. We can either walk down The forest path (10km), be carried in a sedan car or catch the cable car
- 12** Visit an Organic Tea farm were we can buy tea to take home which has the amazing energy of Mt Wudang. Catching the 4.30pm express train to Wuhan arriving at 10pm, checking into our hotel
- 13 to 19** Qigong lecture and commence training in the 64 movement Wild Goose Qigong with Master Chen, this will be the schedule each day up to lunch time. We will have practise each afternoon and discussion on what we have learnt. Taoist teaching and meditation with Master Cheng Zhen at the Eternal Spring Temple most afternoons with a few afternoons free time and sightseeing.
- 20** Farewell day with certificates issued by Grand Master Chen and Grand Master Cheng Zhen
- 22** Fly to Shanghai late morning, check into hotel, city tour and Acrobatics show in the evening.
- 23** Visit the Shanghai Qigong Research Institute, shopping etc, 7pm flight home
- 24** Arrive Sydney 8am

BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the 2009 China Qigong Training 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).....

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

Address.....

..... Post Code:.....