

# simonblowqigong.com

## DAYANGONG TRAINING TOUR 2011

**Wednesday 29<sup>th</sup> June to Friday 15<sup>th</sup> July 2011**

**Itinerary - slight changes may occur**

**29<sup>th</sup> June** - Depart Sydney 8.05am flying Singapore Airlines arriving Beijing 11.30pm local time, check into Peony Hotel

**30<sup>th</sup> June to 1<sup>st</sup> July** - Time to relax, no special plans we can decide when we are there. On Friday we will have an official visit to the Xiyuan Hospital, tour the different departments and practise Guigen Qigong and meditation with Dr Xu at the Qigong Dept. After dinner an overnight sleeper train to Bozhou leaving 11.00 pm

**2<sup>nd</sup> to 11<sup>th</sup> July** - Arrive in Bozhou around 8.30am one hour bus transfer to Luyi County –Laozi's home town. Meet Master Chen and his wife and discuss the training schedule. Continue training in 1<sup>st</sup> and 2<sup>nd</sup> 64 movement Dayangong. We will be under Master Chen guidance and visit many Daoist Temples and Monasteries.

**12<sup>th</sup> July** - Training all day and farewell dinner with Master Chen and his wife. Bus journey to Bozhou after dinner for overnight sleeper train back to Beijing

**13<sup>th</sup> July** - Arrive in Beijing around 6 .00 am, Check in hotel. Free time.

**14<sup>th</sup> July** – Depart Beijing 8.45am flying Singapore Airlines

**15<sup>th</sup> July** – arrive Sydney 5.55am.

**Travel costs for return airfare from Sydney, Australia to Beijing, China flying Singapore Airlines is \$1225, visa fee \$78.50 and travel insurance is \$134. All costs in China are \$2650, including all transfers, travel, accommodation (twin-share in good three star hotel, single room supplement extra \$350 total \$3000) meals, tickets to attractions, lectures, Qigong training etc. Total tour costs \$4087.50**



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