

simonblowqigong.com



CHINA QIGONG STUDY TOUR 2011 With Qigong Master Simon Blow Friday 9th to Monday 26th September 2011

These tours have an element of study combined with cultural activities and sightseeing. Travelling with a smaller, dedicated group allows us to move more freely and make morning Qigong practice an enjoyable way to start each day. On the September 2011 tour, we will gain a deeper insight into Guigen - Chinese Medical Qigong, with its founder Professor Xu Hongtao, a specialist doctor from the Xiyuan Hospital in Beijing.

We visit Traditional Chinese Medicine hospitals and universities; temples and monasteries; we will meet Masters of traditional painting and calligraphy. We explore the countryside visiting the sacred mountains, following the ancient tradition practices. As we meditate together here with Grand Masters. The Qi will always be with you.

TRAVEL COSTS

Total cost is \$5100 which includes return airfare from Australia flying Air China, visa fee 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 fifteen 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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www.simonblowqigong.com

Itinerary - slight changes may occur

Day 1 Depart Sydney 9.30am arriving Beijing 10pm local time

Day 2 to 6 Beijing: For three days, Dr Xu will share his knowledge of the holistic system of TCM and the healing benefits of Guigen Qigong and meditation. We have opportunities to visit the Forbidden City, Great Wall, Summer Palace and many other attractions in Beijing, including the sites for the 2008 Summer Olympic Games. On the sixth day/ we board the overnight train to Xian.

Day 7 to 9 Xian in Shaanxi province is the ancient capital of the Tang dynasty where we will see the Terracotta Army still guarding the First Emperor and also visit the Daoist Monastery to meet the Grand Master. We take a day trip to Louguantai where Laozi, the great Taoist Sage and author of the Dao De Jing gave lectures.

Day 10 to 12 We travel by train 180km to Huashan, one of the sacred Daoist mountains of China. The group will spend three days here practising Guigen Qigong, meditating, visiting the Temples and meeting the Taoist Masters. Absorbing the precious Qi, which will be with us for a lifetime.

Day 13 to 14 Train to Wuhan in Hubei province visiting Eternal Spring Monastery and the local attractions

Day 15 to 17 Morning flight to Shanghai, city tour, shopping and free time. A formal visit to the Shanghai Qigong Research Institute and acrobatics show.

Day 18 arrive home

BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2011 China Qigong Study Tour. I forward a deposit of \$200 (non- refundable)

Cash Cheque Visa M/card Card no.

(Cheque or money order made payable to Jiangsu China Travel Service.)

Expiry Date ... / ... Name on Card Signature..... Date.....

Name (as on Passport)..... Date of birth...../...../.....

Passport no..... Expiry date...../.....

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

Address.....

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