

simonblowqigong.com

DAYANGONG TRAINING TOUR 2012

Wednesday 20th June to Friday 6th July 2012

Itinerary - slight changes may occur

20th June Depart Sydney Wednesday 10.20am flying Air China arriving Beijing 11.30pm check into hotel

21st June Rest until lunch time then visit the Xiyuan Hospital, tour the different departments and practise Guigen Qigong and meditation with Dr Xu at the Qigong Dept.

22nd June The Lama Tibetan Buddhist Temple in the morning and visit Traditional Chinese Painting Master Cheng's studio in the afternoon.

23rd June Free time and rest in morning to get bags ready. Check out of hotel around lunch time. Sightseeing in afternoon around the lake and the old street area. Overnight sleeper train to Wuhan after dinner.

24th to 27th June - Arrive in Wuhan in morning, check into hotel and have breakfast. Meet Master and Madam Chen and discuss the training schedule. Continue training in 1st and 2nd 64 movement Dayangong.

28th to 29th After breakfast, drive to the Nine Immortal Mountain. Get there around lunch time, visit Daoist temples in afternoon and have meeting and discussions with Daoist Masters. Stay one night in local hotel; we will have time to practice Dayangong and more sightseeing in morning. Drive back to Wuhan in late afternoon.

30th June to 3rd July Continue training in Dayangong with Master and Madam Chen. On the evening of Tuesday 3rd July catch the evening train back to Beijing.

4th July Arrive in Beijing in the morning check into hotel and have breakfast. Rest and free time, evening farewell concert with local musician friends.

5th July Free time, check out of hotel by 12 noon and catch 5pm direct flight to Sydney.

6th July Arrive Sydney Friday 7am

Travel costs for return airfare from Sydney, Australia to Beijing, China flying Air China is \$1370, visa fee \$78.50 and travel insurance is \$134. All costs for China section are \$3200, including all transfers, travel, accommodation (twin-share in good three star hotel, single room supplement extra \$350 total) three meals a day, tickets to attractions, lectures, Qigong training etc. Total tour costs \$4782.50



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