

# simonblowqigong.com



## CHINA QIGONG STUDY TOUR 2013 With Qigong Master Simon Blow Thursday 5<sup>th</sup> to Monday 23<sup>rd</sup> September 2013

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 2013 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 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. 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

We travel by overnight train to Xian, the ancient capital from the Tang dynasty, here we see the famous Terracotta Army as they guard the First Emperor. Then on to Green City Mountain (Qing Cheng Shan) in Sichuan Province, it's a one hour walk up the mountain path to the Daoist Monastery, nestled up in this beautiful natural green mountain. We will spend two nights here meditating and practising Guigen There are many trails that lead to sacred healing areas and you will have time to explore on your own. You can sit beside the Clearing Heart Pool and the energy will be cleansed and invigorated. Sichuan Province is the home of the Panda; we will also visit a Panda Reserve,

We start our trek home with an overnight train trip to the city of Wuhan then onto Shanghai and home. In places we visit you will absorb the powerful Qi, practice Qigong and meet Grand Masters. 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 \$5200 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 hotels) meals, tickets to attractions, lectures, Qigong training etc**

**This is the sixteen 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 9599 8153  
Mobile 0421 815 254 Email [simon@simonblowqigong.com](mailto:simon@simonblowqigong.com)

**[www.simonblowqigong.com](http://www.simonblowqigong.com)**

**Itinerary - slight changes may occur**

**Day 1** Depart Sydney Thursday 5<sup>th</sup> September 8pm direct flight, arriving Beijing next morning 6am. Rest up until lunchtime then the Summer Palace in afternoon, have a relaxing walk around the lake admiring the ancient scenery.. We will eat at a various local restaurants sampling the delicious food.

**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. Each morning before breakfast we will practise Qigong in the gardens of our hotel. We will visit the Forbidden City, Great Wall, and many other attractions in Beijing, including the sites for the 2008 Summer Olympic Games. We will meet Masters of traditional painting and calligraphy and visit their studio and be entertained by local musicians with a private concert. On the sixth day we board the overnight train to Xian.

**Day 7 to 9 Arrive** Xian early in the morning. This is the ancient capital of China during the Tang Dynasty 2000 years ago we will see the terracotta warriors and other ancient relics. Tour the city and view the pagodas and temples. Formal visit to the Third Age University, late afternoon train to Chengdu

**Day 10 to 12** Arrive Chengdu, Sichuan Province. After breakfast, bus to Green City Mountain (Qing Cheng Shan). We can leave our heavy luggage at the base of the mountain and take a small overnight bag up to the guesthouse at the Monastery. Where we will stay for two nights, we meet the Daoist Priest and have discussions on Daoism and Chinese culture. We awake in this beautiful sanctuary, practise Qigong and meditate; the energy from this mystical area will always be with us. Qing Cheng Shan is one of the most sacred Taoist areas in China; we will have free time to explore this wonderland. You can also buy Green Tea from the Monastery to take home. We leave our Taoist sanctuary, but the energy will always be in our heart. Bus to Chengdu, and visit Panda reserve, sightseeing and shopping. Evening train to Wuhan

**Day 13 to 14** Arrive Wuhan early afternoon, check into hotel and free time. Visit Eternal Spring Monastery and have talks with Daoist master have vegetarian lunch at Monastery. We visit the museum and see the relics of musical instruments which were buried with the Marquis 500BC.

**Day 15 to 17** Morning bullet train to Shanghai. A formal visit to the Shanghai Qigong Research Institute. Evening acrobatics show . City tour, shopping and free time, visit Jade Buddha Temple. Evening flight home.

**Day 18** arrive home Sydney Monday 23<sup>rd</sup> September 8am



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... Places on the September 2013 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.....

..... State..... Post Code.....