

# simonblowqigong.com



## CHINA QIGONG STUDY TOUR 2014 With Qigong Master Simon Blow Thursday 4<sup>th</sup> to Monday 22<sup>nd</sup> September 2014

Over the last fifteen years we have had the great pleasure in organizing unique study tours to China, to learn and to absorb the ancient culture. With the ever expanding modern Chinese culture it has become increasing harder to find out of the way untouched places. This year we will spend five days in Shandong Province and we will have the great fortune to travel with my good friend Master Cheng an artist and Master of Traditional Chinese painting. Master Cheng has been to this area many times and has direct contacts with the Daoist and Buddhist Monasteries

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 2014 tour, we will gain a deeper insight into Guigen - Chinese Medical Qigong, and study for three days with its founder Professor Xu Hongtao, a specialist doctor from the Xiyuan Hospital in Beijing.

Our adventure starts in Beijing then we travel by fast train to Jinan the capital of Shandong Province. We will visit Daoist and Buddhist temples and also travel out into the country and visit local families on a farm. Then our journey takes us by 1<sup>st</sup> class overnight sleeper train to Wuhan a large ancient city on the banks of the Yangtze

We start our trek home, with a fast train to the modern city of Shanghai. Here we will have a formal visit to the Shanghai Qigong Research Institute, which is attached to the Shanghai University of TCM and hear of the latest research on the benefits of Qigong. We will visit the studio of a Traditional Master Painter and be entertained with a private concert by Traditional Musicians. 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 \$5100 which includes return airfare from Australia flying Air China and visa application fee. All costs in China, including all transfers, travel, accommodation (twin-share in good hotels) three meals a day, tickets to attractions, lectures, Qigong training etc**

**Qigong Master Simon Blow has been leading study Tours to China since 1999, 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](http://www.simonblowqigong.com)**

**Itinerary - slight changes may occur**

**Day 1 Depart Sydney** Thursday 4<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. Whist in Beijing and most places in China we will eat at a various local restaurants sampling the local delicious food and absorbing the culture.

**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 near 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.

**Day 7 to 12** Morning fast train to **Jinan**, the capital of Shandong Province. Arrive around lunch time then check into hotel, general sightseeing around the city in the afternoon and free time. A formal visit to the Five Finger Mountain Daoist Temple meeting the Abbot for all day activity. We will also travel out into the country to visit a family on their farm and have lunch with them, on the way back to Jinan visit a local Buddhist temple. See the Great Wall of the Qi State 500 BC and the Thousand Buddha Mountain in afternoon. Visit another Daoist temple in the city and the old park in the afternoon before catching the overnight train to Wuhan in Hubei Province

**Day 13 to 15 Wuhan** arrive early morning free time and then visit Eternal Spring Monastery and have talks with Daoist Master have a vegetarian lunch at Monastery. We visit the museum and see the relics of musical instruments which were buried with the Marquis 500BC. We will have a morning Qigong session with the 28<sup>th</sup> Linage Holder of the Wild Goose Qigong, Grand Master Chen and then have lunch with him and his students. On the fifteen day we catch the morning fast train to Shanghai.

**Day 16 to 17 Shanghai** A formal visit to the Shanghai Qigong Research Institute. Evening acrobatics show. City tour, visit the Shanghai Museum and have plenty of time for famous Shanghai shopping, Evening flight home.

**Day 18 Arrive home Sydney** Monday 22<sup>nd</sup> September 8am



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... Places on the September 2014 China Qigong Study Tour. I forward a deposit of \$200 (non- refundable)

**Cash**  **Cheque**  **Bank trans**  **credit card**  no.

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

or bank transfer to Jiangsu China Travel BSB: 083 004 Account: 50684 0138 with ref your name and Qigong Sept

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

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

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

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