

simonblowqigong.com



CHINA QIGONG STUDY TOUR 2015 With Qigong Master Simon Blow Thursday 3rd to Sunday 20th September 2015

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 2015 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. 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 Chengdu in Sichuan Province and to Green City Mountain (Qing Cheng Shan), 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 one night, there are many trails that lead to sacred healing areas and you will have time to explore on your own. Sichuan Province is the home of the Panda; we will also visit a Panda Reserve. You will see the famous giant stone Buddha at Leshan.

We start our trek home with an overnight train trip to modern city of Shanghai for three days and then 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 Sydney flying Air China and visa fee. All costs in China, including all transfers, travel, accommodation (twin-share in good hotels, single room supplement extra \$700) meals, tickets to attractions, lectures, Qigong training etc

Qigong Master Simon Blow has been leading unique study to 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 made out to YBL Travel and Tours or bank transfer or credit card payment for \$200 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

www.simonblowqigong.com

Itinerary - slight changes may occur

Day 1 Depart Sydney Thursday 3rd 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 near our hotel. We will visit the Forbidden City, Great Wall, and many other attractions in Beijing 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 8 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. Late afternoon train to Chengdu

Day 9 to 14 Arrive Chengdu, Sichuan Province, visit Panda reserve and after lunch bus to Green City Mountain (Qing Cheng Shan). We stay one night at a hotel at the bottom of the mountain and leave our heavy luggage and take a small overnight bag up to the guesthouse at the Monastery. Where we will stay one night, 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 Daoist areas in China. We leave our Daoist sanctuary, but the energy will always be in our heart. Three hour bus trip to Leshan and stay one night, see the giant stone Buddha and visit the Buddhist Monastery. Drive back to Chengdu, sightseeing and visiting historical sites. Evening train to Shanghai

Day 15 to 16 Arrive Shanghai early afternoon, then a formal visit to the Shanghai Qigong Research Institute. Evening acrobatics show. City tour, shopping and free time. Evening flight home.

Day 17 arrive home Sydney Sunday 20th September 8am



BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2015 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 YBL Travel and Tours.)

Bank transfer YBL Travel and Tours BSB: 083 004 Account: 50684 0138 with ref your name and Qigong Sept

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

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