



DA YAN WILD GOOSE QIGONG CHINA TRAINING TOUR 2016

with Qigong Master Simon Blow

Wednesday 4th to Friday 20nd May 2016

Da Yan Wild Goose Qigong is a classic and historical Qigong practise dating from the Jin Dynasty 1700 years ago. It's healing and spiritual legacy has been passed down through many generations. We are very fortunate to have the opportunity to travel to Wuhan, China and receive direct instruction and guidance from Grand Master Chen Chuan Gang the 28th Linage holder. We fly directly into Wuhan which is a large ancient city on the banks of the Yangtze River in Hubei province, it will be spring time and there are many beautiful parks where we can practise our Qigong with the Grand Master and his students. We will visit the Daoist Eternal Spring Monastery and many other local attractions.

A pre-requisite to join this training tour is a good sound knowledge of the 1st 64 movement Da Yan Wild Goose Qigong, as we will receive training and instruction in the 2nd 64 movement set. We will also practise the 1st 64 and other Da Yan Qigong cultivation techniques under direct guidance of the Grand Master.

Another highlight of this training tour is a three day trip to Wudang Mountain; Wudangshan is one of the sacred Daoist Mountains of China and has a very special energy. We have been fortunate to visit this amazing place on six previous study tours and have a special bond with the Abbott of the Purple Cloud Temple which is nestled up high in mountains.

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 China Eastern Airlines and visa application fee. All costs in China, including all transfers, travel, accommodation (twin-share in good hotels, single room supplement extra \$700) three meals a day, tickets to attractions, Qigong training.

Qigong Master Simon Blow has been leading unique 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 YBL Travel and Tours, a credit card payment or bank transfer to YBL Travel and Tours to reserve your place.



Itinerary - slight changes may occur

4th May: Depart Sydney Wednesday 11am , flying China Eastern Airlines to Shanghai then onto Wuhan arriving 11.pm Transfer to hotel.

5th to 9th May: Morning rest and free time after lunch meet Master and Madam Chen and then commence refinement on the 1st 64 and studying the 2nd 64 movement Da Yan Wild Goose Qigong. There will be two Qigong sessions in the morning, one before breakfast then we go to a few different local parks for training up until lunch time. Then after lunch, we will have one training session in a local park. We will then head back to our hotel in the late afternoon.

10th to 13th May: We will take the day train to the town at the bottom of Wudang Mountain, then a 2 hour drive up the mountain to stay in a hotel near the Purple Cloud Temple. We will have formal meetings and discussions with the Abbott of the Monastery and we will have time to practice our Qigong and to meditate to absorb the essence of this special place. After lunch on Friday we go back down the mountain to catch the afternoon train back to Wuhan.

14th to 19th May: Then back to Wuhan for Da Yan Wild Goose Qigong training with Master Chen, we finish with a celebration dinner with all our Da Yan friends. After lunch on Thursday we fly back to Shanghai and then the evening flight home.

20th May: Arrive Sydney Friday 10am



BOOKING FORM

Please book now to ensure your place

Please reserve.... Places on the May 2016 China Da Yan Wild Goose 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 YBL Travel and Tours)
or bank transfer to YBL Travel and Tours BSB: 083 004 Account: 50684 0138 with ref your name and Qigong May

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