

simonblowqigong.com



CHINA QIGONG STUDY TOUR 2016 With Qigong Master Simon Blow Thursday 1st to Saturday 17th September 2016

China is a very cultural diverse society with a long, proud history. This year's tour we will spend time in the north of this amazing country in the Inner Mongolian Autonomous area. 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 2016 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 Huhhot the capital of Inner Mongolian, we have a home stay with a traditional family in a Yurt out on the Grasslands, visit the most sacred area in all of Mongolia, the Tomb of Genghis Khan. Also we will spend time at Wudangzhao which is the largest and best preserved Tibetan Lamasery in Inner Mongolia and see the Yungang Grottoes with its famous 7 metre caved Buddha. We will also spend time at the Daoist Monastery in Datong discussing ideas about life cultivation with the Daoist Masters.

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, bank transfer or credit card payment for \$200 to reserve your place.



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Itinerary - slight changes may occur

Day 1 Depart Sydney Thursday 1st 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 Huhehot.

Day 7 to 10 Arrive Huhehot early in the morning, this is the capital of the Inner Mongolian Autonomous Region of China. We drive out into the grasslands and stay one night in a Yurt with a traditional family enjoying Mongolian hospitality. A four hour drive to Wudangzhao which is the largest and best-preserved Tibetan Lamasery in Inner Mongolia. We drive further out into the Mongolian landscape to a highlight of our tour and visit the tomb of Genghis Khan which is the most sacred spot for all Mongolians. Then drive back to Huhehot.

Day 11 to 14 After lunch we drive to Datong in Shanxi province which is known for its abundant historical relics and natural beauty we will visit the Yungang Grottoes, which has over 50,000 carved images and statues of Buddha's ranging from 4cm to 7 meters tall. Also in this area the famous the Hanging Temple built into a cliff face dating back 1800 years. In Datong we will have formal meetings with the Abbott of the Daoist Monastery. Evening train back to Beijing

Day 15 to 16 Arrive Beijing early morning transfer to hotel, free time, local sightseeing. Final evening farewell Free time and the late afternoon flight home.

Day 16 arrive home Sydney Saturday 17th September 8am



BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2016 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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Passport no..... Expiry date...../.....

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