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CHINA QIGONG STUDY TOUR 2017 With Qigong Master Simon Blow Wednesday 6th to Saturday 23rd September 2017

These unique 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 2017 China Qigong study tour we will commence a new Qigong training partnership with the Shanghai Qigong Research Institute. The Institute is attached to the Shanghai University of Traditional Chinese Medicine and was founded over thirty years ago. Its main function is the study and research of traditional Chinese energy cultivation practises and promoting their healing benefits into modern health services. We have built up a strong friendship having visited the Institute on many of our previous study tours and I personally have attended and given presentations at their international symposiums.

We will spend three days at the Institute studying an ancient Qigong practise called Liu He Gong (Six Unity Exercise) harmonising the Body, Breath and Mind, leading to the cultivation of Essence, Energy and Spirit.

After Shanghai we travel to the far southwest of this amazing country to Yunnan province which borders Vietnam, Laos, Myanmar (Burma) and Tibet. See the beautiful snow capped mountains, dense jungles and rice terraces. Yunnan province has one of the most richly diverse cultures in China we will spend time and explore this amazing area staying at Kunming, Dali, Lijiang and Shangri La.

We start our journey home by flying to the ancient city of Guangzhou (Canton) in Guangdong province near Hong Kong. Sample the delicious Cantonese style food also known as the birthplace of dim sum.

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 Southern Airlines 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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Mobile 0421 815 254 Email simon@simonblowqigong.com

www.simonblowqigong.com

Itinerary - slight changes may occur

Day 1 Depart Sydney 11am Wednesday 8th September arrive Shanghai approx 11pm

Day 2 to 5 Shanghai: Three days studying Liu He Gong and learning more about Traditional Chinese Medicine at the Shanghai Qigong Research Institute. Finish each day around mid afternoon then we will visit the Bund at the famous harbour side, old tea house shopping area, Shanghai Museum and an evening acrobatic show.

Day 6 to 7 Morning flight to **Kunming** we will go the Western Hills and Dianchi Lake area where we will visit the Daosit Temple and have a meeting with the Master. Also see the Dragon Gate Grottoes and Buddhist Temples and have free time to walk around the lake.

Day 8 to 9 After breakfast a three hour bus trip to **Dali** an ancient city of Bai ethnic people which is surrounded by beautiful snow capped mountains. Visit the old town area the famous Three Pagodas and the Erhai Lake.

Day 10 to 12 Morning bus journey to **Li Jiang** an ancient city of Naxi ethnic people, see the beautifully preserved old town free of cars with cobble stone streets and ancient buildings. Enjoy the rich night life with restaurants, bars and shops. We take a day trip to the paradise of Shangri La, many snow-capped mountains surround Shangri La neighbouring to Tibet.

Day 13 Bus trip back to **Kunming** experiencing the amazing scenery along the way.

Day 14 to 16 morning flight to **Guangzhou** experiencing the rich culture and food of this famous southern city of China. We will visit an ancient town a few hours' drive from the city and have free time, Evening flight home

Day 17 arrive home Sydney approx 8.30am Saturday 23rd September



BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2017 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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