

# simonblowqigong.com



## CHINA QIGONG STUDY TOUR 2018 With Qigong Master Simon Blow Wednesday 5<sup>th</sup> to Saturday 22<sup>nd</sup> September 2018

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 2018 China Qigong study tour we will gain a deeper insight into Traditional Chinese Medicine energy cultivation practises at the Shanghai Qigong Research Institute. 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.

Our journey starts in the great city of Shanghai then we fly to the south west of China to Chengdu in Sichuan Province. Then on to Green City Mountain (Qing Cheng Shan) it's a one hour walk up the mountain path to the Heavenly Masters Cave a Daoist Monastery nestled up in this beautiful natural green mountain. We will spend two nights here meditating and practising Qigong. There are many trails that lead to sacred healing areas and you will have time to explore on your own. You can sit beside the Clearing Heart Pool and the energy will be cleansed and invigorated. Sichuan Province is the home of the Panda; we will also visit a Panda Reserve

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 we arrive in Beijing the ancient capital of the Ming and Qing dynasties as well as the current government. Visit the Forbidden City the largest Imperial Palace ever built, see the Great Wall and peer into history as you follow with your eyes the Great Wall disappearing into the distant peaks.

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 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 Wednesday 5<sup>th</sup> September 11am direct flight to Shanghai arriving.

**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 on the famous harbour side, old tea house shopping area, Shanghai Museum and an evening acrobatic show.

**Day 6 to 9** Morning flight **Chengdu**, Sichuan Province, then bus to Green City Mountain (**Qing Cheng Shan**). We can leave our heavy luggage at the base of the mountain and take a small overnight bag up to the guesthouse at the Monastery. Where we will stay for two nights, 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 will have free time to explore this wonderland. We leave our Daoist sanctuary, but the energy will always be in our heart. Bus back to Chengdu and visit Panda reserve. Book into hotel in Chegdu free time in old town area then after lunch we catch afternoon train to Xian

**Day 10 to 12 Xian** 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. We have a formal visit to the Third Age University and a meeting with the Daoist Master at the Eight Immortal Monastery. After dinner we catch the overnight train to Beijing.

**Day 13 to 16 Beijing** 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, Afternoon flight home

**Day 17** arrive home Sydney Saturday 22<sup>nd</sup> September



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... Places on the September 2018 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.....

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

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

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Address.....

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