



**CHINA QIGONG STUDY TOUR 2019**  
**With Qigong Master Simon Blow**  
**Wednesday 4<sup>th</sup> to Saturday 21<sup>st</sup> September 2019**

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 2019 tour, we will gain a deeper insight into the Chinese health cultivation exercises 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 Huhehot 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

Our journey ends in Beijing as we 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.

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.**



**Simon Blow PO Box 446, Summer Hill NSW 2130, Sydney, Australia. Phone 61 2 9559 8153  
Mobile 0421 815 254 Email [simon@simonblowqigong.com](mailto:simon@simonblowqigong.com)**

**[www.simonblowqigong.com](http://www.simonblowqigong.com)**

**Itinerary - slight changes may occur**

**Day 1** Depart Sydney Wednesday 4<sup>th</sup> September 11am direct flight to Shanghai arriving approx 7.30pm.

**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 and many other local attractions of Shanghai.

**Day 6 to 9** Morning flight to **Huhehot**, the capital of the Inner Mongolian Autonomous Region. We drive out into the grasslands and stay one night in a Yurt with a traditional family enjoying Mongolian hospitality. A three hour drive to **Baotou** and then onto 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 10 to 13** 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 4 cm 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 14 to 16** Arrive **Beijing** morning transfer to 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. Free time and the late afternoon flight home.

**Day 17** arrive home Sydney Saturday 21<sup>st</sup> September 8am approx.



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... Places on the September 2019 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...../.....

Phone No. (H) ..... (B)..... (M) .....

E-mail.....

Address.....

..... State..... Post Code.....