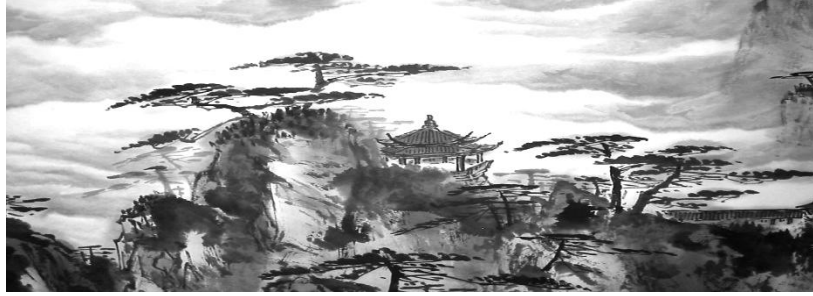


# **Simon Blow Qigong**

— for better health and inner peace —



## **DAOIST CULTURE - WILD GOOSE QIGONG CHINA STUDY TOUR 2020**

**with Qigong Master Simon Blow**

**Wednesday 6<sup>th</sup> to Friday 22<sup>nd</sup> May 2020**

During the 2020 tour we will gain a deep understanding of Daoism (Taoism). Since 2006 Qigong Master Simon Blow has built a special relationship with the Chang Chun - Eternal Spring Daoist Monastery in Wuhan, which is the governing temple of Daoism for Hubei Province. Simon is an initiated student of the Abbess Wu Cheng Zhen and a 25<sup>th</sup> Generation of Dragon Gate Daoism. We will spend four days studying meditation and Daoist scripture and philosophy with the Daoist Masters at the Monastery. Other healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui, Qigong and Taijiquan.

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. The foundation of the Da Yan Wild Goose Qigong system is the 1<sup>st</sup> 64 movement set. We will receive direct instruction and guidance from the lineage family in the peaceful grounds of the Eternal Spring Monastery.

Another highlight of this training tour is a four 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 many previous study tours.

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 with 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.**



**Simon Blow PO Box 446, Summer Hill NSW 2130, Sydney, Australia. Phone 61 2 9559 8153**

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

**Itinerary - slight changes may occur**

**Day 1:** Depart Sydney Wednesday 6<sup>th</sup> May 11am, flying China Southern Airlines to Guangzhou then onto Wuhan which is a large ancient city on the banks of the Yangtze River in Hubei province. Arriving 11.pm transfer to hotel.

**Day 2 to 6:** Morning rest and free time. After lunch we go to the Eternal Spring Monastery to practise Qigong and meditate. We commence a four day training on the 1<sup>st</sup> 64 movement Da Yan Wild Goose Qigong with the lineage family. There will be two Qigong sessions in the morning, one before breakfast then we go to Monastery for training up until lunch time. Then after lunch, we will have one training session at the Monastery including meditation practise. We will then head back to our hotel in the late afternoon. On Monday after dinner we catch an overnight train to Wudang Mountain.

**Day 7 to 10:** Arrive at Wudang Mountain, then a 2 hour drive up the mountain to stay in a hotel near the Purple Cloud Daoist Monastery. We visit many of the historical temples and view the amazing landscape. There will be 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 fast train back to Wuhan.

**Day 11 to 15:** Commence a four day training on Daoist meditation, scripture and philosophy with the Daoist Masters from the Eternal Spring Monastery. There will be plenty of time to practise the 1<sup>st</sup> 64 Da Yan Wild Goose Qigong in the peaceful grounds of the Monastery and eating delicious vegetarian meals. At midday on Thursday we fly back to Guangzhou and then an evening flight home.

**Day 16:** Arrive Sydney Friday 22<sup>nd</sup> May approx 10am.



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve.... Places on the **May 2020 DAOIST CULTURE AND 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

*Expiry Date .../....Name on Card ..... Signature..... Date.....*

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

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

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

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Address.....

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