

# **Simon Blow Qigong**

— for better health and inner peace —



## **CHINA QIGONG STUDY TOUR 2020** **With Qigong Master Simon Blow** **Wednesday 2<sup>nd</sup> to Saturday 19<sup>th</sup> September 2020**

On this year's tour we will spend time in the north eastern area of China in Shandong province on the Yellow Sea. Shandong province is known for its Daoist and Confucian heritage and as having one of the best dining experiences in China. 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 September 2020 tour, we will gain a deeper insight into the Chinese health cultivation exercises (Qigong) and meditation 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 (Jing, Qi, Shen).

Our journey starts in the great city of Shanghai, and then we catch a fast train to Qufu in Shandong province. Qufu is the home town of Confucius one of the great philosophers. Visit the historical temples and gardens and learn more about Confucian philosophy with a lecture from a university professor. We will go the top of Taishan one of the most sacred mountains, where the sun first touches China and where all Emperors would receive the mandate from heaven to rule.

Also in Shandong province we will visit Five Finger Mountain, a Daoist Mountain and have discussions with the Abbott of the monastery about Daoist culture and ways of improving our quality of life. Other healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui, Qigong and Taijiquan While in Shandong we will have plenty of opportunities to sample the famous cuisine and have a cooking lesson.

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

**Itinerary - slight changes may occur**

**Day 1** Depart **Sydney** Wednesday 2<sup>nd</sup> September 11am direct flight to Shanghai arriving approx 7.30pm.

**Day 2 to 5 Shanghai:** Free time in morning, sightseeing in afternoon around the Bund on the waterfront area in central Shanghai. Then three days studying Liu He Gong and learning more about Traditional Chinese health cultivation exercises and meditation at the Shanghai Qigong Research Institute. Finish each day around mid afternoon then we will visit the old tea house shopping area and many other local attractions.

**Day 6 to 7** Morning fast train (3 hours) to **Qufu** in Shandong province. After lunch we will start to understand more about Confucius with a lecture from a university professor. Spend a whole day visiting the historical temples and parks dedicated to Confucius.

**Day 8 to 9** Morning bus trip (2 hours) to Tai An the town at the base of **Taishan**, general sightseeing and free time. The next day we catch the cable car to the top of Taishan, there is still a bit of climbing to get to the top of this sacred mountain. Spend the whole day exploring the ancient temples and experiencing the amazing scenery

**Day 10 to 12** Morning bus trip (2 hours) to **Jinan** the capital of Shandong province. General sightseeing and free time, cooking lesson in the afternoon. Whole day trip to the Five Finger Mountain meet the Abbott of the Daoist monastery and have discussions about Daoist culture and ways of discovering inner peace.

**Day 13 to 17** Morning fast train (3 hours) to **Beijing** then in the afternoon visit the Summer Palace. While in Beijing we will have free time and also visit the Forbidden City, Great Wall, and many other attractions. We will also meet Masters of traditional painting and calligraphy and visit their studio and be entertained by local musicians with a private concert. Afternoon flight home on Friday 18<sup>th</sup> September.

**Day 18** arrive home **Sydney** Saturday 19<sup>th</sup> September 8am approx.



**BOOKING FORM**

**Please book now to ensure your place**

Please reserve..... Places on the September 2020 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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E-mail.....

Address.....

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