

Simon Blow Qigong

— for better health and inner peace —



CHINA QIGONG STUDY TOUR 2021 **With Qigong Master Simon Blow** **Wednesday 1st to Saturday 18th September 2021**

On this year's unique tour we will spend time in the central area of China in Shaanxi province, known for its Daoist heritage and ancient history and also visit Xian the ancient capital of China and home of the First Emperor. We will delve further into understanding more about Daoist knowledge and culture with formal visits to Monasteries, Hospitals and Historical sites. Healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui, Qigong and Taijiquan.

On the September 2021 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 then we fly to Xian in Shaanxi province. We travel into the countryside to Lou Guan Tai which is the place where tradition says that Lao Zi, the great Daoist Master, composed the book, *Dao De Jing*. We will spend time in the sacred Daoist Mountains of Huashan, with plenty of time to climb these famous mountains, visit the Masters and practise Qigong and meditation.

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.



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

www.simonblowqigong.com

Itinerary - slight changes may occur

Day 1 Depart **Sydney** Wednesday 1st 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 8.Morning flight to **Xian** 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. We also drive into the countryside for an all day trip to **Lou Guan Tai** the Daoist monastery where Lao Zi wrote his book Dao De Jing 2500 years ago.

Day 9 to 11 Huashan is one of the sacred Daoist Mountains of China. We will spend three days here practising Qigong, meditating, climbing the mountains, visiting the Monasteries and Temples and meeting the Daoist Masters. Absorbing the precious Qi, which will be with us for a lifetime.

Day 12 Bus trip back to **Xian**, free time/general sightseeing and after dinner catch the evening train to Beijing

Day 13 to 17 Beijing rest and free time in the morning then a 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 have a cooking lesson and 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 17th September.

Day 18 arrive home **Sydney** Saturday 18th September 8am approx.



BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2021 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...../...../.....

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