



CHINA QIGONG STUDY TOUR 2022
With Qigong Master Simon Blow
Wednesday 7th to Saturday 24th September 2022

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 2022 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 exciting city of Shanghai then we fly to the south west of China to Chengdu in the Sichuan Province. Then on to Green City Mountain *Qing Cheng Shan* where it's a one hour walk up the historic forest path to the Heavenly Masters Cave, a Daoist Monastery nestled up in this beautiful and pristine natural mountain. We will spend two extraordinary nights in this remote place meditating and practising Qigong. There are many trails that lead to sacred healing areas and you will have time to explore on your own. Healing arts that have originated from the Daoist tradition include Acupuncture, Acupressure Massage, Chinese Herbal Medicine, Feng Shui, Qigong and Taijiquan. As Sichuan Province is the home of the Panda, we will also visit an extensive Panda Reserve.

We then travel by overnight train to Xian, the ancient capital from the Tang dynasty, and see the famous Terracotta Army as they still guard the First Emperor. Also in Xian we will have a formal visit to the Daoist Eight Immortal Monastery. Then onto Beijing for four full days, to experience the ancient capital of the Ming and Qing dynasties as well as see the current government capital. A memorable visit to the Forbidden City, the largest Imperial Palace ever built, and a day trip to the Great Wall of China to 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 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.



Itinerary - slight changes may occur

Day 1 Depart Sydney Wednesday 7th 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.

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.

Day 10 to 12 morning fast train 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. After dinner we catch the overnight train to Beijing.

Day 13 to 17 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 Friday 23rd September.

Day 18 arrive home Sydney approx 8.00am Saturday 24th September



BOOKING FORM

Please book now to ensure your place

Please reserve..... Places on the September 2022 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.....