



– Norfolk Island Qigong Retreat – *Da Yan Wild Goose* W/ QIGONG MASTER SIMON BLOW

JULY 2021

ex BRISBANE 7 nights from
\$1879pp – twin share
\$2099pp – sole travel
24 – 31 July 2021

ex SYDNEY 7 nights from
\$1929pp – twin share
\$2149pp – sole travel
23 – 30 July 2021

Holiday package includes:

- ✓ Return 'seat + bag' economy airfare to Norfolk Island incl. all airline taxes
- ✓ Meet&Greet at Norfolk airport
- ✓ Return airport transfers
- ✓ 7 nights accommodation
- ✓ 7 days Shared Car Hire (1 car per 4 guests) including basic car insurance – petrol additional
- ✓ Welcome Dinner at 'The Local'
- ✓ Half day Island tour
- ✓ 4 days Da Yan Wild Goose Qigong training w/ Qigong Master Simon Blow
- ✓ Morning & afternoon tea plus lunch supplied during 4 training days
- ✓ Farewell dinner at locals' favourite 'Hilli' Restaurant
- ✓ Complimentary Miniature Golf – golf your way through Norfolk's history
- ✓ Complimentary 'A Walk in the Wild' a unique rainforest experience
- ★ Bonus Norfolk Island discount shopping card with free gift

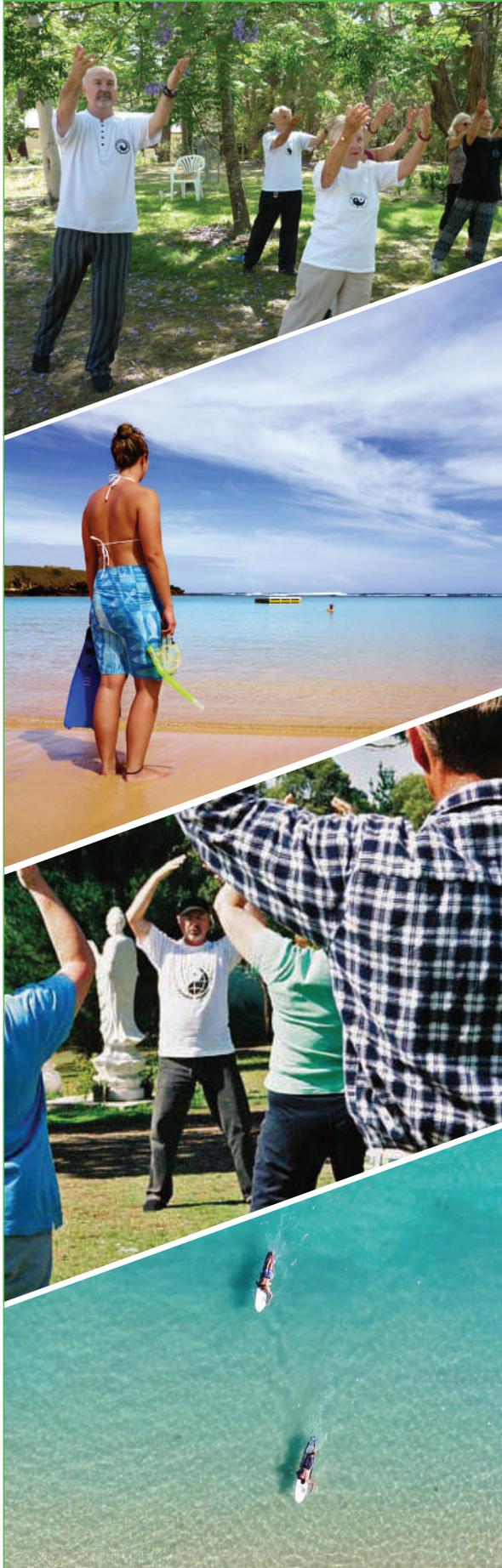


Join Simon Blow on his Norfolk Island Qigong Retreat

Professional Qigong teacher Simon Blow regularly leads Qigong and meditation workshops and retreats around Australia as well as tours to China. This will be Simon's first Norfolk Island retreat and you are warmly welcomed to attend.

Conditions apply – Prices are indicative only, subject to availability & change without notice – Travel insurance strongly recommended

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Your Instructor & Retreat Leader – Simon Blow

Simon Blow has been initiated into Dragon Gate Daoism and given the name Xin Si, meaning 'Genuine Wisdom'. He is an initiated student and 29th Generation of Dayan – 'Wild Goose' Qigong, and also a Standing Council Member and Deputy Secretary of the World Academic Society of Medical Qigong, Beijing.

Simon leads regular Qigong classes in Sydney for beginning and continuing students, workshops, Qigong & meditation retreats, Qigong tours to China for students and advanced training. He is the author of numerous books, DVDs and meditation CDs about this ancient healing art. He has been working for over thirty years to help spread the benefits of meditation, peace and love. Simon works with many different groups helping them to develop self healing skills to manage their stress levels and improve their quality of life.

Norfolk Island

There are so many reasons to consider a holiday to Norfolk Island. Situated a short two hour flight from Brisbane or Sydney and mid-way between Australia and New Zealand.

The beauty of the Island astounds arriving visitors, providing countless photographic opportunities – tall majestic pines, high rising cliffs, green undulating valleys, lush rainforest and brilliant turquoise waters over coral reefs.

Our little Island is packed full of things to see and do. The world heritage listed: 'Kingston and Arthur's Vale Heritage Area' (KAVHA) will take you into the history of turbulent convict years. Today's vibrant 'Norf'k' culture – born out of the infamous mutiny on the 'Bounty' – can be explored via tours, displays or from a chat with a friendly local. Encounter our pristine environment via swimming, reef snorkelling and rainforest walks. Our cafes and restaurants offer delicious, fresh, organic meals and local art, crafts, toys, shoes and tax-free items are amongst shopping highlights.

Whether you are deciding to travel for a special event or another time of year, this South Pacific gem is guaranteed to safely return you home, very much satisfied.

There's more to
NORFOLK ISLAND 

 **Norfolk Island
Travel Centre**
meet the locals...

www.norfolkislandtravelcentre.com

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