

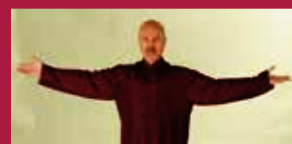
24 - 29 July 2022 **Norfolk Island Expert Lead Retreat**

Da Yan • Wild Goose

→ **DEPART BRISBANE** 7 nights from

\$2259 pp: participant
\$1859 pp: non-participant
23 - 30 July 2022

With Qigong Master Simon Blow



→ **DEPART SYDNEY** 7 nights from

\$2309 pp: participant
\$1909 pp: non-participant
22 - 29 July 2022



Image courtesy of Jolene Oliver ©

All Inclusive Holiday Package:

- ✓ Return economy class airfare to Norfolk Island – incl. airline taxes
- ✓ Meet&Greet at Norfolk Airport
- ✓ Return airport transfers on-Island
- ✓ 7 nights twin share accommodation
- ✓ 7 days car hire per room
- ✓ Half Day Island Tour
- ✓ Welcome dinner at a local restaurant
- ✓ Farewell dinner at local restaurant
- ★ Norfolk Island tote bag, map, handy hints & shopping discounts
- ★ 4x days training w/ Qigong Master Simon Blow – Morning / Afternoon Tea / Lunch supplied (Participant Package only)

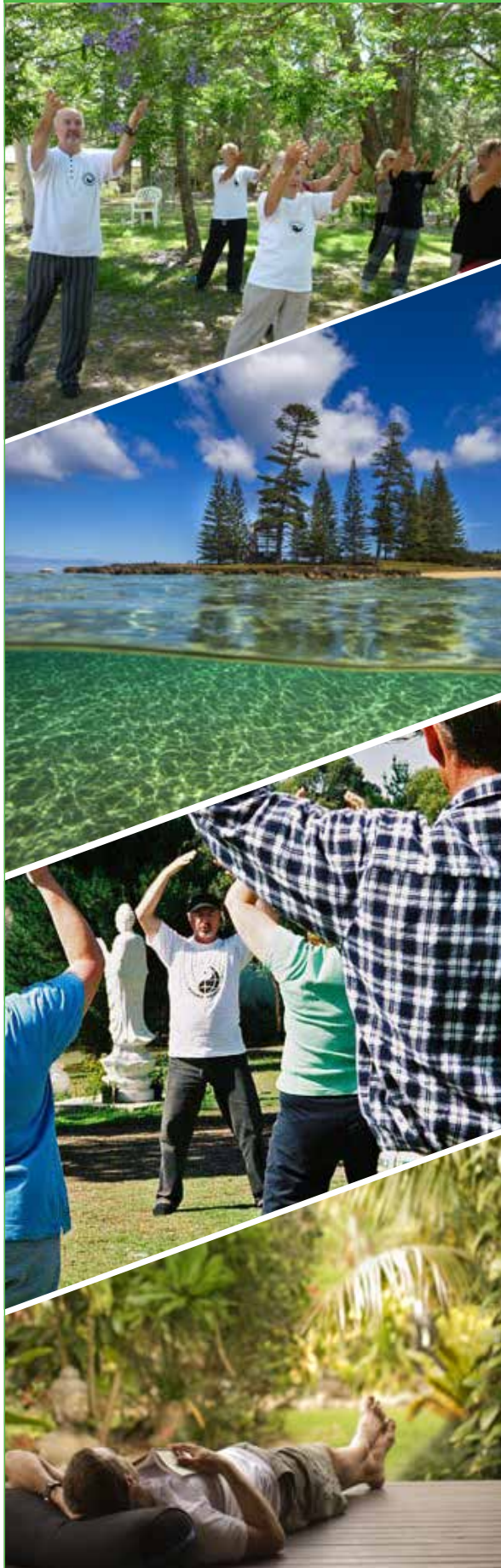
Join Simon Blow on a special South Pacific retreat to Norfolk Island
Master Qigong Instructor, Simon Blow regularly leads Qigong and meditation workshops/retreats around Australia, as well as tours to China. This will be Simon's first Norfolk Island visit and you are warmly welcomed to attend.

Conditions apply | Prices are in AUD and indicative only, subject to availability & change without notice | Travel insurance strongly recommended



Owned and operated by friendly locals

Free Call : 1800 1400 66 (AUS) / 0800 0088 10 (NZ)
Phone : (international) +6723 22502
Email : joyce@travelcentre.nf
Address : PO Box 172, Norfolk Island, 2899
www.facebook.com/norfolkislandtravelcentre
www.norfolkislandtravelcentre.com



Your Instructor & Retreat Leader

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 Da Yan – '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, workshops and meditation retreats in Sydney for beginning and continuing students as well as 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.

Simon has been working for over thirty years to help spread the benefits of meditation and Qigong practise as a means of cultivating peace and self love. Simon works with many different groups helping them to develop skills to manage their stress levels and improve their quality of life.

Discover Norfolk Island

There are so many reasons to holiday to Norfolk Island! Situated only a short, two hour flight from Sydney or Brisbane and 'mid-ditch' between Australia and New Zealand.

The renowned beauty of Norfolk Island has long been an inspiration to artists and photographers alike. Tall, majestic pines frame green, undulating valleys; lush rainforest is bordered by sheer cliffs; brilliant turquoise waters sparkle over coral reefs. You will be astounded by the countless scenic opportunities that abound.

Our little island is packed full of fun things to see and do. The UNESCO World Heritage listed: 'Kingston and Arthur's Vale Historic Area' (KAVHA) will take you into the turbulent convict years of the first and second settlements, and today's vibrant 'Norf'k' culture (born from the Pitcairn Islander descendents of the infamous 'Mutineers on the Bounty') can be explored via tours, displays and even a chat with a friendly local.

Our cafés and restaurants offer delicious meals – with locally sourced produce likely to have been picked fresh that day – and local arts, crafts, toys, shoes and tax-free items are amongst shopping highlights.

This South Pacific gem is guaranteed to safely return you home very much satisfied.



**Norfolk Island
Travel Centre**

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