

3 - 5 SEPTEMBER 2024 • 3 DAY QIGONG RETREAT

THE SIX HARMONIES WITH MASTER SIMON BLOW



PACIFIC PARADISE

NORFOLK ISLAND

→ BRISBANE • 7 NIGHT STAY
from **\$3,259*** pp TWIN SHARE
Travel: 31 Aug - 7 Sep 2024

→ SYDNEY • 7 NIGHT STAY
from **\$3,259*** pp TWIN SHARE
Travel: 1-8 Sep 2024

Holiday Package Inclusions:

- ✓ Return economy class airfare to Norfolk Island – incl. airline taxes
- ✓ Return airport transfers on-Island
- ✓ 7 nights accommodation staying at Aloha Apartments
- ✓ 7 days car hire
- ★ Island Orientation Tour
- ★ Welcome Dinner at Bounty Bar & Grill
- ★ 3 day Qigong Retreat with Master Simon Blow
- ★ Morning tea / lunches provided by Prinke during Retreat days
- ★ Farewell Dinner at Hilli Restaurant
- ★ Exclusive Admission to the 'World of Norfolk' Exhibit
- ★ Bonus Shopping Card & Tote



Join Simon Blow in the serenity of Norfolk Island in 2024

Learn Qi cultivation exercises to harmonise heaven and earth. The movements of *Six Unity Qigong* – a practice covered in Simon Blow’s new book – are dynamic and suitable all levels.

Upgrade your accommodation to stay at Governor’s Lodge: TWIN SHARE FROM AN ADDITIONAL \$270 PER PERSON!

*Travel restrictions & conditions apply. Prices & taxes are correct as of 24 Nov 23 & are subject to change without notice. Prices quoted are on sale otherwise stated or sold out prior. Prices advertised are per person. The advertised price includes any saving amounts &/or bonus nights. Offers are subject to availability. Seasonal surcharges & blackout dates may apply depending on the date of travel. Additional fees may apply, including surcharges & visa fees specific to your departure date or flight routing. Payments made by credit card will incur a surcharge, advertised prices do not include a credit card surcharge. Copyright © 2023 Wave Hospitality Group PTY LTD trading as Norfolk Island Travel Centre, ABN 61 087 521 355, IATA no. 02359486, all rights reserved. Refer to norfolkislandtravelcentre.com for more information

RETREAT LEADER: MASTER SIMON BLOW

A Qigong Master, initiated into Dragon Gate Taoism, Simon has been given the name Xin Si, meaning 'Genuine Wisdom'. He has worked with different groups at varying levels for many years to help develop skills and improve quality of life.

An accredited teacher (Laoshi) since 1992, for over 30 years Simon has been an active proponent of Qigong's benefits and that a regular practice can help individuals maintain a healthy and active life, restore energy and cultivate inner peace and self love.

Simon conducts many retreats and workshops throughout Australia and since 1999 has led many specialist training tours to China to learn from masters. He is also the author of numerous books and has produced DVDs and CDs about meditation and the ancient Chinese healing arts.

*Friends or family wanting to experience the wonders of the South Pacific on a **Norfolk Island Holiday** can request one of our 'Non-Participant Packages'.*

**Call or email to register interest and receive an Info-pack:
1800 1400 66 | groups@nittravelcentre.com**

A TRANQUIL PARADISE: NORFOLK ISLAND

Only a short, 2 hour flight from Brisbane or Sydney, our little subtropical island is packed full of fun things to see and do!

The beauty on display at every turn astounds arriving visitors – providing countless photographic opportunities. Tours and activities include: 4WD adventures, Glass-Bottom-Boat trips, progressive dinners to Islander homes, museums, heritage and ecology tours, sunset fish fry nights, bowls, golf, art trails and cottage industries.

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 infamous 'Mutiny on the Bounty') can be experienced via tours, displays or a chat with a friendly local.

Our cafés and restaurants offer delicious meals – with produce likely to have been fresh picked that day – and shopping highlights include arts, crafts, toys, shoes, cosmetics and other tax-free items.

A gem of the South Pacific, guaranteed to satisfy, relax and inspire.

