



QI-GONG WORKSHOP IN CHINA

With Dr. Liu Dong and other Masters

In Yunnan Province – Kunming, Wei Bao Shan, Dali
and Tibetan region (Shangri-la)
(Trip organized by an international tourist agency in China)

April 16 – 30, 2012 (17 days)

Registration before November 2011

\$2,250

Highlights of the program:

- **Qi Gong Practice every day with Liu Dong or another master.**
- Meet and work with authentic masters in their temples.
- Qi-Gong workshop in Wei Bao Shan (Taoist Mountain where Lao Tsu stayed for his meditation retreat)
- Meditation retreat in the Tibetan Monastery of *Gedansong Zan ling* and conference on Reincarnation.
- Qi Gong workshop Certificates delivered in China.

Day 1/ USA - Departure for Kunming

Day 2/ Kunming (2000m)

Arrival to Kunming, *City of Eternal Spring*. Rest in hotel and practice Qi Gong in order to adapt the breathing to the altitude. In the evening, for the purpose of gathering and harmonizing the Qi, enjoy a massage in a therapeutic centre.

Day 3/ Kunming

Qi Gong Workshop of *Xi Xi Hu* in the Institute of Qi Gong for Healing Cancer.

Day 4/ Kunming

Medical Qi Gong Workshop in Yunnan Chinese Medicine University.

Day 5/ Dali

Departure for Dali by coach. Free afternoon.

Day 6/ Dali

Visit the old city of Dali; practice Qi Gong with Liu Dong

Day 7/ Wei Bao Shan

Morning: departure by coach for Wei Bao Shan; Afternoon: practice Qi Gong of the Large Bear/Big Dipper with Master Liu Dao Zhang.

Day 8/ Wei Bao Shan

Morning: the Taoist Ceremony; Daytime: study the Qi Gong of the Large Bear.

Day 9/ Wei Bao Shan

Practice the Taoist Tai Ji Chuan with master Xiao Yao.

Day 10/ Wei Bao Shan

Hikes for learning medicinal herbs of Yunnan.

Day 11/ Wei Bao Shan

Morning: Walking in the mountain and visiting the 23 authentic Taoist temples. Afternoon: A Meeting with the responsible of each temple.

Day 12/ Shangri-la (3000m)

Morning: Departure for Shangri-la by coach. Afternoon: Conference on Buddhism and ceremony with the Rinpoche.

Day 13/ Shangri-la

Morning: conference on the Wheel of Life and Death, Afternoon: Meditation. Evening: Diner in Tibetan families.

Day 14/ Shangri-la

Silent walking and meditation in the mountain guided by a Tibetan Lama.

Day 15/ Kunming

Departure for Kunming by air. Visit the Stone Forest. Review Qi Gong methods learned during the trip.

Day 16/ Kunming

Practice Qi Gong in the Stone Forest with Liu Dong. Afternoon: departure for USA.

The price will include:

- The airport tax, the insurances of sickness and accidents,
- The round-trip plane ticket and flights interior,
- Travels and visits and tips mentioned in the program,
- 4 or 3-star hotels and all the meals,
- The assistance of an English-speaking local guide in each travel,
- All the lessons,
- All the tips during the trip (including for guides, drivers and hotel services)

The price will not include:

- International Airplane tickets
- Expenses of Chinese visa, the personal expenses, travel and visits outside of program.

Expenses of cancellation (only in the case of extreme condition proven by the participant):

- At the latest a month before the departure: 600 \$ correspondent with the inscription.

👉 Your passport must be valid more than six months after the date of return.

The methods of the trip, from this date, are subject to some possible slight modifications.

One month before the departure, you will receive a detailed program of the trip.

All inquiries, please contact Helena - lingguihealing@gmail.com

Registry Form return to:

Ling Gui Healing Qigong School
704 Cardiff, Irvine, CA 92606

Phone: Helena 949 954 5231

Email: lingguihealing@gmail.com

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Registry for Qi Gong Studying Trip in China– April 16-30, 2012

▶ **Fill up the same identification in your passport**

Sir name: Given name:.....

Address:

.....

Telephone:.....cell-phone:

Date of birth: Profession:

E-mail : **Passport N°:**

I send the total fee to the ordre of Linggui Healing School

The total fee needs to be paid by Feb.15, 2012

Signature