

QI GONG RETREAT IN CHINA

With Doctor Liu Dong and Other Masters

Province of Yunnan: Jizu Shan, Shangri-la and Tibetan region

April 17th – May 1st, 2007

Program of Study:

1. Daily Qi Gong Practice with Dr. Liu Dong or other Masters.
2. Workshops on Taoist and Tibetan medicine.
3. Meditation retreat in Gedansong Zan Lin, a Tibetan monastery and a conference on Reincarnation.
4. Qi-Gong workshop in Wei Bao Shan (a Taoist mountain where Lao Zhi stayed & meditated).
5. Meditation retreat in a monastery on Jizu Mountain (original place of Chang practice, Chinese Zen).

Daily Program:

Day 1/ USA

Travel to Kunming

Day 2/ Kunming

Arrive in Kunming, city of Eternal Spring. After a break in hotel, practice Qi Gong for getting used to the altitude. In the evening, enjoy a relaxation massage in a therapeutic center, for the purpose of Qi Harmonization.

Day 3/ Kunming (2000m)

Day of Qigong with Dr. Liu Dong in the Park of Minorities.

Day 4/ Kunming

Qi Gong workshop of *Xi Xi Hu* in Institute of Qi Gong of Cancer Healing.

Day 5/ Jizu Shan (3000m)

Travel to Jizu Shan Mountain by coach. Have a meeting with the Buddhist *Chang* responsible for the nuns and monks in the temple. (Chang, Chinese Zen).

Day 6/ Jizu Shan

In the morning, visit the Temple of the Gold on the top of the mountain. In the evening practice Buddhist meditation, conducted by spiritual leader of the temple.

Day 7/ Jizu Shan

Conducted by Dr. Liu Dong, practice Qi Gong of the Sun at dawn. Then, watch a Buddhist ceremony. In the afternoon, travel to Wei Bao Shan.

Day 8/ Wei Bao Shan

A whole-day practice of *Internal Alchemy* - ladies conducted by nuns and gentlemen by monks.

Day 9/ Wei Bao Shan

In the morning, watch a Taoist ceremony. In the daytime study *Qi-Gong of the Big Bear* conducted by a Taoist master.

Day 10/ Wei Bao Shan

For a second day study *Qi-Gong of the Big Bear*, conducted by a Taoist master.

Day 11/ Shangri-la (3000m)

Travel to Shangri-la by coach. Practice Qi Gong in the mountains.

Day 12/ Shangri-la

Conducted by the Rinpoché, take part in a Tibetan Buddhist ceremony. Listen to a conference on Wheel of Life and Death.

Day 13/ Shangri-la

Conducted by a Tibetan Lama, enjoy a silent hiking and meditation in the mountain.

Day 14/ Kunming

Travel from Shangri-la to Kunming by plane. In the afternoon, return to USA.

Day 15/ USA

Arrive in USA.

The price includes:

- Travels and visits mentioned in the program, and the tips for the group
- Internal flights in Yunnan and the airport tax
- 3 or 4-star hotels, as well as all the meals
- The insurance for sickness, accidents, medical repatriation in China
- The assistance of an English-speaking local guide
- All the lessons

The price does not include:

- Round trip plane tickets (USA-Kunming, Kunming-USA).
- VISA fee, the personal spending, travels and visits not mentioned in the program.

The payment:

- \$500 with the registration form.
- The balance of \$1650 must be paid before January 30, 2007.

Conditions concerning the voyage:

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

The contents of the trip are subject to modifications.

One month before the departure, you will receive a detailed schedule regarding the trip.

Cancellation Fee (in case of major reason proven by the participant):

- At least one month before the departure: \$500 nonrefundable.
- One month before the trip and up to the moment of the departure: 50% of the total price of the trip.

Return Registration form to:

China Trip 2007
Ling Gui Healing Center
PO Box 2893
Issaquah, WA 98027-0131

Any questions, please contact Nancy Sides at nansides@yahoo.com or 206-790-1480.

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Registration for the trip of China Trip – April 2007
(Follow all the identifications of your passport)

Last Name : First Name :

Address :

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Telephone : cell-phone :

Date of Birth : Profession :

Passport Number:

- Included is a check of \$2150 for the total amount of the trip or
- Included is a check of \$500 for the deposit. Balance of \$1650 to be paid by Jan 30,2007.
- I have attached a photocopy of the first page of my passport (photo and number of the passport)

Make checks out to Ling Gui Healing Center.

Signature :