



Linggui Healing Qi Gong School

Phone. 1-971-255-3767

WUDANG Mountain RETREAT With Doctor Liu Dong

Trip includes Beijing and Wudang Mountain
Monday April 26th through Sunday May 9, 2010
14 days – \$2,300.00 USD

WUDANG SHAN

Wudang's architectural complex, consists of palaces, temples and shrines. The architecture dating from the seventh to the seventeenth century, displays magnificent technical details and is a powerful demonstration of harmony between architecture and nature. Today, the temples are home to more than 700 monks and 400 nuns working on their daily Taoist tasks, including Tai Chi, Qi Gong, meditation and martial arts. Wudang Mountain is renowned as Immortal's Mountain of Taosim and the World for Swordsman.

PROGRAM OF STUDY:

- Taoist Qi Gong Workshops in White Cloud Temple in Beijing.
- Taoist Qi Gong Workshops in the centre of Master Wan in Beijing.
- Retreat in Purple Cloud Temple of Wudang Mountain.
- Taoist Qi Gong and meditation. (Gentlemen will be guided by monks; ladies, by nuns)

Program:

Day 1 – Departure

Day 2 – Arrive in Beijing - visiting Old City and Temple of Heaven. Qi Gong practice with Dr. Liu Dong

Day 3 – Beijing: Qi Gong workshop in the Taoist centre of Master Wan.

Day 4 – Beijing: A Qi Gong day in White Cloud Temple with a Taoist monk.

Day 5 – Beijing: Morning- visiting *Forbidden City* /Afternoon - visiting *Summer Palace* and practice Qi Gong with the monk.

Day 6 – Beijing / Wuhan: Arrive in Wu Han by train in the morning. Afternoon –

visiting Old City. Evening – departure by train, 1st class.

Day 7 - Wudang Shan: Arrive in the morning. Taoist Ceremony performed by monks and nuns.

Day 8 - Wudang Shan: For men - *Huan Yang Gong Method*; For women - *Red Dragon Method*. Evening - conference on Internal Alchemy.

Day 9 - Wudang Shan: Qi Gong Day *The Five Animals*. Evening – Meeting of traditional music utilized for calming five emotions.

Day 10 – Wudang Shan: Sunrise -meditation of colors on five organs. Then, practicing Qi Gong with

monks in the field. Afternoon: meditation.

Day 11 - Wudang: Morning: *The Five Animals*. Afternoon: learning medicinal plants guided by the monks.

Day 12 - Wudang: Madras practice and meditation with the monks. Evening – the round-table meeting with the monks.

Day 13 – Beijing: Departure for Beijing in the morning. Reviewing the methods in a park.

Celebration the end of trip.

Day 14 – A free day. Departure for USA.

Price includes:

- ✓ 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)

Price will not include:

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

Cancellation Policy (except in cases of extreme urgency with proof):

- Requests for cancellation must be submitted one month before the trip.
- \$600.00 deposit are due upon registration, and non-refundable after March 26, 2010

- Passports must be valid for more than six months after the date of return.
- Trip subject to 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



Registration Form

Please fill out and return to:

Ling Gui Healing Qigong School
704 Cardiff, Irvine, CA92606

Phone: Helena 971 255 3767

Email: lingguihealing@gmail.com

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Registration form for Wudang Mountain Trip - China– April 2010

➤ **Please fill in your information as it appears on your passport**

Last Name:

First Name:

Address:
.....

Telephone:.....cell-phone:

Date of birth:Profession:

E-mail: **Passport N°:**

Please makes checks payable to Linggui Healing School

Amount Paid: _____

Please include \$600 deposit fee with this form (non-refundable after March 26, 2010)

Full payments must be received by December 15, 2009

Signature: _____

Date: _____