



Linggui Healing School Phone : 971 255 3767 E-mail : lingguihealing@gmail.com

QI-GONG RETRAIT IN CHINA

In Yunnan Province – Kunming, Wei Bao Shan and YuanYang Rice Terraces

(Trip organized by CITS agency)

March 19 – April 4, 2010 (17 days)

Registration before December 15, 2010

\$2,350

Highlights of the program:

- **Qi Gong Practice very day with masters.**
- 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)
- Clinic studying in Yunnan TCM University and hospitals
- Learning herbs in Kingdom of Chinese Medicinal Herbs.

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 adapter 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

Clinic studying in Yunnan Chinese Medicine University and hospitals.

Day 5/ Wei Bao Shan

Departure for Wei Bao Shan. Visit 23 temples in the mountain.

Day 6/ Wei Bao Shan

Morning, the Taoist Ceremony. Daytime: Learning Qi Gong of the Large Bear with a great Taoist Master Liu Yuan Tong.

Day 7/ Wei Bao Shan

Learning Qi Gong of the Large Bear with a great Taoist Master Liu Yuan Tong. Studying Taoist Medicine.

Day 8/ Wei Bao Shan

Study the Qi Gong of the Large Bear – second part. Studying Taoist Medicine.

Day 9/ Wei Bao Shan

Practice the Taoist Tai Ji Chuan with master Xiao Yao in Cave of Eternal - Spring.

Day 10/ Wei Bao Shan

Hikes for learning medicinal herbs of Yunnan.

Day 11/ Stone Forest

Departure for Stone Forest. Travel with Master Xiao Yao and practice Tai Chi with him during the traveling.

Day 12/ Stone Forest

Morning, visiting the site; afternoon, practice Tai Chi with Master Xiao Yao.

Day 13/ JianShui

Departure for JianShui. Visiting Confucius Temple, lecture on Confucius and practice Tai Chi.

Day 14/ YuanYang

Departure for YuanYang. Visit Rice Terraces, practice Tai Chi with Xiao Yao.

Day 15/ YuanYang

Visit divers minority villages, practice Tai Chi with Xiao Yao. Departure for Kunming

Day 16/ Kunming

Practice Tai Chi. 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 Feb.14, 2010
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- 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

Website: www.linggui.org or <http://linggui.free.fr>



Registry Form return to:

Ling Gui Healing Qigong School

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Phone: Helena 714 594 3593

Email: lingguihealing@gmail.com



Registry for Qi Gong Studying Trip in China– 2010

► **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, 2010

Signature