LINGGUI

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RETREAT IN LHASA AND CHENGDU

With Dr. Liu Dong

Plan A: Chengdu to Lhasa; Plan B: Chengdu to Jiu Zhaigou

October 7- October 20, 2026 (14 days)

Group A price: $2,950; Group B price: $2,700

Plan A:
- Retreat and Chan meditation in the Temple of Wen Shu Yuan.
- Retreat and meditation in Tibetan temples.
- Visit and learn Tibetan medicine.

Day 1– ChengDu (May7)
Arrival in Chengdu/Afternoon: Wide and Narrow Alleys /Practice Qi Gong with Dr Liu Dong.

Day 2 – ChengDu
Visit to Baita Temple. Afternoon meditation with the nuns.

Day3 – ChengDu- Lhasa (Train)
Morning visit to Wenshu Monastery. Evening departure by Overnight-Sleeper train to Lhasa.

Day 4- On the train
Scenic train journey allowing gradual acclimatization, with views of snow-capped mountains and Tibetan grasslands. Overnight in a **private soft-sleeper cabin**.

Day 5 – Lhasa
Morning arrival in Lhasa. City visit and walk in Norbulingka Park, the summer residence of Dalai Lama.

Day 6 – Lhasa Visit Potala Palace. Afternoon visit to Jokhang Temple and walk along the Barkhor circuit.

Day 7 – Lhasa
Visit Drepung Monastery, Pabongka Monastery, and Sera Monastery.

Day 8 – Gyantse
Visit Mindroling Monastery. Scenic drive and visit to Yamdrok Lake.

Day 9 – Shigatse
Visit Tashilhunpo Monastery.

Day 10 – Lhasa
Visit Namtso Lake and Juli Monastery

Day 11 – Lhasa/ChengDu
Visit Samye Monastery and Ani Sangkhung Nunnery. Return flight to Chengdu.

Day 12 – ChengDu
Visit to a TCM and Taoist medicine clinic.

Day 13 - ChengDu
Morning visit Chengdu Research Base of Giant Panda Breeding; Afternoon visit Jinli Street.

Day 14 – ChengDu/US (May20)
Departure for the United States.

Plan B:

This program is designed for: students who are not able to travel to the Tibetan plateau of Lhasa, as well as those who wish to receive TCM treatments in specialized Chinese hospitals and clinics.

Day 1– ChengDu (May 7)
Arrival in Chengdu/Afternoon: Wide and Narrow Alleys /Practice Qi Gong with Dr Liu Dong.

Day 2 – ChengDu
Visit to White Temple. Afternoon meditation with the nuns.

Day3 – ChengDu
Morning visit to Wenshu Monastery. Afternoon meditation with the monk.

Day 4-Jiuzhaigou
High-speed train C5762
Visit to Songpan, then drive to Jiuzhaigou.
Evening meditation.

Day 5 – Jiuzhaigou
Full-day visit of the Jiuzhaigou National Park, famous for its lakes, waterfalls, forests, and Himalayan landscapes.

Day 6-Jiuzhaigou
Practice of Yellow Dragon Qi Gong, a Taoist lineage practice.
Return to Chengdu by train.

Day 7–Chengdu-Dazu
Visit to Mount Baoding.
Meditation at the foot of the Great Buddha.
Visit to a Taoist medicine and TCM clinic.

Day 8 – Dazu-Zigong
Visit to Mount Beishan.
Drive to Zigong.
Exploration of Xianshi Old Town and the Salt Museum.

Day 9 – Zigong-Mount Emei
Boat cruise to view the Giant Buddha.

Day 10 – Mount Emei
Mount Emei Visit Samye Leidongping, Jieyin, cable car to Golden Summit.

Day 11 – Mount Emei
Visit to a TCM and Taoist medicine clinic.

Day 12 – Mount Emei-ChengDu
Consultations at a Taoist medicine clinic.

Day 13 – ChengDu Visit to the Chengdu Research Base of Giant Panda Breeding.

Day 14 (May 20) ChengDu.
Departure for the United States.

The price includes:
- Travel and visits planned in the program
- Accommodations is in a 4-star hotel. The standard option is a double room for two people. if you want a single room, there is an additional charge of $550.
- All of the meals
- Fees to guides and interpreters
- Tuitions to teachers and masters
- Domestic flight and train ticket within China.

THE PRICE DOES NOT INCLUDE:
- International air ticket
- Visa to China application fee and any personal expenses
- Trips and tours not mentioned in the program
- Provide 60 USD for tips (guides and drivers)

CONDITIONS FOR TRAVEL
- Cancellation fees (only in case of force majeure proved by the participant):
- No later than one month before departure: 660 USD (the same amount as Registration Fee)
- Within one month and departure time: 50% of the total price

PAYMENT:
 Group A: USD 600 payable with the registration form no later than **August 7, 2026**; the remaining balance of **USD 2,350** must be paid no later than **September 7, 2026**.

 Group B: USD 600 payable with the registration form no later than **August 7, 2026**; the remaining balance of **USD 2,100** must be paid no later than **September 7, 2026**.

 Visa Responsibility: Participants are responsible for obtaining their own visa to China. All necessary information and supporting documents will be provided upon request.

 Passport Validity: Passports must be valid for at least **six (6) months** beyond the date of departure from China.

 Program Changes: The program is subject to change in accordance with the schedules of the masters and teachers. A final, detailed program will be provided **one month prior to departure**.

Please send the Registration Form to: LING GUI Healing, 3011 Glenn Ave, Santa Monica, CA 90405

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Registration Form for Trip to Lhasa and Chengdu– October 7 – October 20, 2026

First Name: .....

Surname: ….....

Address:

Mobile phone: ....

E-mail:..... …….

Date of Birth: .....Profession:

Passport Number: ……

Signature: ……...

Registration Fee:
Group A: USD 600; Group B: USD 600, payable to Ling Gui Healing School.

Balance Payment:
Group A: USD 2,350; Group B: USD 2,100, to be paid by September 7, 2026.

Enclosure:
A photocopy of the first page of my passport is enclosed.