



LINGGUI

E-mail: lingguihealing@gmail.com

MEDITATION TRIP IN CHINA

With Dr. Liu Dong

SiChuan Province & Tibetan Region, with Taoist and Buddhist monks

April 17-30, 2024

14 days – Price 2,400 USD

Study Program:

- Practice meditation and Qi Gong in the He Ming Shan Taoist temple.
- Retreat and meditation in [Dalai Lama](#)'s Chamber.
- Study of Tibetan Medicine in a hospital.

Program:

Day 1 – Chengdu (April 17)

Arrive in Chengdu/Afternoon:
Visit Old Town of Kuan Zhai
Xian/Practice Qi Gong with Dr
Liu Dong.

Day 2 – Chengdu

Morning: Study meditation in
the Wen Shu Yuan temple
Afternoon: Meditation.

Day 3 – He Ming Shan

Practice meditation and Qi
Gong with a Taoist monk.
Conference on Tao.

Day 4 – He Ming Shan

On the summit of the
mountain, practice meditation
in a cave, where Lao Zi once
had a retreat.

Day 5 – Chengdu/KangDi

Visit the Hospital of Tibetan
Medicine.

Day 6 – KangDi/TouFu

Practice meditation in [Dalai
Lama](#)'s Chamber.

Day 7 – TouFu/GanZi

Visit Ganzi Temple

Day 8 – GanZi/BaiYu

Visit Ganzi Temple. Practice
meditation with monks of the
temple.

Day 9 – Bai Yu/DeGe

Practice meditation with the
nuns of the temple

Day 10 – DeGe

Practice meditation with
monks.

Day 11 – Luo Huo/Xin DuJiao

Visit Mount Luo Huo, Tibetans
Mountain of Spirit/waterfall-
Holy Water of Tibetans. For

thousands of years, the
Tibetans continually pray and
heal diseases at this place.

Day 12 – Kang Ding/Cheng Du

Practice meditation and
mantra with lamas of the
temple.

Day 13 - Cheng Du

Practice Qi Gong with Liu
Dong in a park. Visit the
picturesque Jing Li district and
the Chengdu Tibetan district.

Day 14 – Cheng Du/US

(April 30)
Departure to USA

The price includes:

- Travel and visits planned in the program
- 3 or 4 -star hotel accommodations
- All of the meals
- Fees to guides and interpreters
- Tuitions to teachers and masters

THE PRICE DOES NOT INCLUDE:

- Air ticket
- Visa to China application fee and any personal expenses
- Trips and tours not mentioned in the program
- Provide 70 USD for tips (guides and drivers)

CONDITIONS FOR TRAVEL

- **Cancellation fees** (only in case of extreme circumstances documentation needed by the participant):
 - No later than one month before departure: 600 USD (the same amount as Registration Fee)
 - Within one month and departure time: 50% of the total price

PAYMENT:

- 600 USD with the registration form before December 30, 2023; and the balance of 1,800 dollars must be paid before March 17, 2024
- It is your own responsibility to obtain the visa to China, and we will provide you all the information necessary in case of need.
- Your passport must be valid for more than six months after the departure date from China.
- The program is subject to change according to the masters' and teachers' schedules. And you will receive a final program with details one month prior to the 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 Si Chuan – April 17- 30, 2024

First Name:

Surname:

Address:

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Telephone:.....

Mobile phone:

E-mail:

Date of Birth:Profession:

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Passport Number:

Signature:

- Registration fee: 600 USD to Ling Gui Healing School
- The balance of 1,800 USD must be paid by March 17, 2024
- Enclosed is a photocopy of the first page of my passport