



# LINGGUI

E-mail: [lingguihealing@gmail.com](mailto:lingguihealing@gmail.com)

## MEDITATION TRIP IN LHASA

With Dr. Liu Dong

SiChuan, Lhasa and other Tibetan regions, with Taoist and Buddhist monks

October 9-22, 2024

14 days – Price 2,850 USD

### Study Program:

- Practice meditation and Qi Gong in the Taoist temple of He Ming Shan and the cave of Lao Zi.
- Retreat and Chan meditation in the Temple of Wen Shu Yuan.
- Retreat and meditation in Tibetan temples.
- Visit and learn Tibetan medicine.

### Program:

#### Day 1 – Chengdu (OCT 9<sup>th</sup>)

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. Leave for Lhasa  
in the evening

#### Day 5 – Lhasa

Arrive in Lhasa. Sightseeing;  
Norbulinka Park, the summer

residence of Dalai Lama.

#### Day 6 – Lhasa

Visit Potala Palace, the winter  
palace of Dalai Lama; In the  
afternoon, visit Jokhang  
Temple, walk on the Barkhor  
walking path.

#### Day 7 – Lhasa

Visit Drepung Monastery; Visit  
Pabonka in Parasol Mount.  
Visit Sera Monastery, a  
University of Monastery.

#### Day 8 – Gyantse

Visit Mindroling Monastery;  
Visit scenic areas; Discover  
Yamdrock Lake.

#### Day 9 – Shigatse

Visit Tashilumpo Temple.

#### Day 10 – Lhasa

Visit Namtso Lake; Visit Ju Li  
Si Temple.

#### Day 11 – Lhasa

Visit Trundrunk Temple and  
Samye Monastery

#### Day 12 – Cheng Du/ChengDu

Visit Ani Sangkung Monastery  
for Nuns; Return to ChengDu

#### Day 13 - Cheng Du

Practice Qi Gong with Dr. Liu  
Dong in a park. Visit district of  
picturesque Jing Li.

#### Day 14 – Cheng Du/US (OCT 22)

Departure for USA

**The price includes:**

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

**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 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: 850 USD (the same amount as Registration Fee)
  - Within one month and departure time: 50% of the total price

**PAYMENT:**

- 850 USD with the registration form before May 30, 2024; and the balance of 2,000 dollars must be paid before September 9, 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 Lhasa – October 9-22, 2024**

First Name: .....

Surname: .....

Address: .....

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Telephone:.....

Mobile phone: .....

E-mail: .....

Date of Birth: .....Profession: .....

**Passport Number:** .....

**Signature:** .....

- Registration fee: 850 USD to LING Gui Healing School
- The balance of 2,000 USD will be paid by September 9, 2024
- Enclosed is a photocopy of the first page of my passport