RETREAT IN LHASA AND CHENGDU

With Dr. Liu Dong

May 21–JUNE 3, 2027 | 14 Days



OVERVIEW

An immersive spiritual and cultural journey combining meditation, Qi Gong, Taoist and Tibetan practices, and Traditional Chinese Medicine. Participants may choose between two carefully designed itineraries according to their physical condition and travel preferences.

- **Plan A:** Chengdu → Lhasa (Tibetan Plateau)
- **Plan B:** Chengdu → Jiuzhaigou (Sichuan)

Prices
- **Plan A (Group A):** USD 3,100
- **Plan B (Group B):** USD 2,800

Contact: **lingguihealing@gmail.com**

PLAN A — CHENGDU TO LHASA

Tibetan Plateau Journey

Highlights

- Chan meditation retreat at Wenshu Monastery (Wenshu Yuan)
- Meditation and retreats in Tibetan monasteries
- Introduction to Tibetan medicine
- Gradual acclimatization by scenic overnight train

Itinerary

Day 1 – Chengdu (May 21)
Arrival in Chengdu. Afternoon visit to the Wide and Narrow Alleys (Kuan Zhai Xiang Zi). Qi Gong practice with Dr. Liu Dong.

Day 2 – Chengdu
Visit Baita Temple (White Pagoda Temple). Afternoon meditation with the nuns.

Day 3 – Chengdu → Lhasa (Train)
Morning visit to Wenshu Monastery. Evening departure on an overnight sleeper train to Lhasa.

Day 4 – On the Train
Scenic journey through mountains and Tibetan grasslands. Private soft-sleeper cabin. Gradual altitude acclimatization.

Day 5 – Lhasa
Morning arrival. City visit and walk in Norbulingka Park, the former summer residence of the 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
Excursion to Namtso Lake and visit Juli Monastery.

Day 11 – Lhasa → Chengdu (Flight)
Visit Samye Monastery and Ani Sangkhung Nunnery. Flight back to Chengdu.

Day 12 – Chengdu
Visit a Traditional Chinese Medicine and Taoist medicine clinic.

Day 13 – Chengdu
Visit the Chengdu Research Base of Giant Panda Breeding. Afternoon visit to Jinli Street.

Day 14 – return to the U.S.: June 3.

PLAN B — CHENGDU TO JIUZHAIGOU

Sichuan & Sacred Mountains Journey



This itinerary is suitable for participants who are not able to travel to high altitude regions, and for those wishing to receive treatments in Traditional Chinese Medicine hospitals and clinics.

Itinerary

Day 1 – Chengdu (May 21)
Arrival in Chengdu. Afternoon visit to the Wide and Narrow Alleys. Qi Gong practice with Dr. Liu Dong.

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

Day 3 – Chengdu
Morning visit to Wenshu Monastery. Afternoon meditation with monks.

Day 4 – Chengdu → Jiuzhaigou
High-speed train. Visit Songpan, then transfer to Jiuzhaigou. Evening meditation.

Day 5 – Jiuzhaigou
Full-day visit to Jiuzhaigou National Park, known for its lakes, waterfalls, forests, and alpine scenery.

Day 6 – Jiuzhaigou → Chengdu
Practice Yellow Dragon Qi Gong. Return to Chengdu by train.

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

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

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

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

Day 11 – Mount Emei
Visit a Traditional Chinese Medicine and Taoist medicine clinic.

Day 12 – Mount Emei → Chengdu
Consultations at Taoist medicine clinic. Return to Chengdu.

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

Day 14 – return to the U.S.: June 3.

PRACTICAL INFORMATION

Price Includes

- All travel and visits listed in the program
- Accommodation in 4-star hotels (double room)
- All meals
- Domestic flights and train tickets within China
- Guides, interpreters, teachers, and masters' fees

Single-room supplement: USD 550

Price Does Not Include

- International airfare
- China visa fees and personal expenses
- Activities not mentioned in the program
- Tips for guides and drivers: USD 70

PAYMENT TERMS

Plan A (Group A)
- Registration fee: USD 600 (by March 20, 2027)
- Balance: USD 2,500 (by April 20, 2027)

Plan B (Group B)
- Registration fee: USD 600 (by March 20, 2027)
- Balance: USD 2,200 (by April 20, 2027)

CONDITIONS

- Participants are responsible for obtaining their own China visa. Assistance and documents will be provided upon request.
- Passports must be valid for at least six months after departure from China.
- The program may be adjusted according to the schedules of masters and teachers. A final detailed program will be sent one month before departure.

Cancellation Policy (force majeure only):
- More than one month before departure: registration fee retained
- Within one month of departure: 50% of total price

LING GUI HEALING
3011 Glenn Ave
Santa Monica, CA 90405, USA

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Registration Form for Trip to Lhasa and Chengdu– May 21 – June 3, 2027

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 2,500; Group B: USD 2,200, to be paid by April 20, 2027.

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