



# 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 teaches 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.