



LINGGUI

E-mail: lingguihealing@gmail.com

TRIP OF MEDITATION IN CHINA

With Dr. Liu Dong and Dr. Helena Zhang

Si Chuan Province & Tibetan Region, with Taoist and Buddhist monks

October 18 - October 31, 2025

14 days – Price 2,500 USD

Study Program:

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

Program:

Day 1 – Chengdu (OCT 18)

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

Day 2 – Chengdu

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

Day 3 – Chengdu

Clinical internship in the hospital
of Chengdu TCM University

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 the
[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.

Tibetans have prayed and
healed diseases for thousands
of years at this place.

Day 12 – Kang Ding/Cheng Du

Practice meditation and
mantra with the lamas of the
temple.

Day 13 - Chengdu 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 (OCT 31)

Departure to the USA

The price includes:

- Travel and visits planned in the program
- 4 -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 force majeure proved 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 July 15, 2025; and the balance of 1,900 dollars must be paid before September 15, 2025.
- It is your responsibility to obtain a visa to China, and we will provide you with all the necessary information if needed.
- Your passport must be valid for more than six months after departure from China.
- The program is subject to change according to the master's and teachers' schedules. You will receive a final program with details one month before your departure.

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

**Registration Form for Trip to Sichuan – October 18- October 31, 2025**

First Name:

Surname:

Address:

Telephone:

Mobile phone:

E-mail:

Date of Birth: Profession:

Passport Number:

Signature:

- Registration fee: 600 USD to Ling Gui Healing School
- The balance of 1,900 USD will be paid by September 15, 2025
- Enclosed is a photocopy of the first page of my passport

