



# LINGGUI

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## TRIP OF MEDITATION IN CHINA

With Dr. Liu Dong

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

October 18-31, 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 (OCT 18)

Arrive in Chengdu/Afternoon:  
Visit the Wide and Narrow Alleys  
in the Old Town/Practice Qi  
Gong with Dr Liu Dong.

#### Day 2 – ChengDu (OCT 19)

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

#### Day 3 – HeMing (OCT 20)

practice meditation in a cave,  
where Lao Zi once had a retreat.

#### Day 4 – ChengDu-Guan Yin Temple (OCT 21)

Visit Guan Yin Temple. Practice  
meditation with monks of the  
temple.

#### Day 5 – GuanYin-GanZi (OCT 22)

Visit to the Great Gold Temple.

#### Day 6 – Gan Zi (OCT 23)

Meditation with the Living  
Buddha in the temple where the  
6th and 11th Dalai Lama lived.

#### Day 7 – GanZi (OCT 24)

Meditation and study with nuns  
of Dreyonkar.

#### Day 8 – GanZi/TaGong (OCT 25)

Study, meditate, and hike in the  
mountains. Visit the Hui Yuan  
monastery, a conference and  
meditation with the living  
Buddha.

#### Day 9 – TaGong (OCT 26)

Practice meditation with the nuns  
of the temple

#### Day 10 – TaGong (OCT 27)

Study, meditation, and a  
ceremony with 500 nuns,  
receiving blessings from the  
superior nun.

#### Day 11 – TaGong-KangDi (OCT 28)

In the morning, visit the Tibetan  
Buddhist University and a  
discussion with a monk.  
In the afternoon, departure for  
Kangding.

#### Day 12 KangDing-Cheng Du (OCT 29)

Visit a Tibetan hospital and back  
to Chengdu in the afternoon.

#### Day 13 - Chengdu (OCT 30)

Morning: visiting the panda  
reserve. Evening: a festive dinner  
of trip-closure.

#### Day 14 – Cheng Du/US (OCT 31)

Departure to USA

**The price includes:**

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

**THE PRICE DOES NOT INCLUDE:**

- Air tickets,
- Chinese visa application fee and any personal expenses,
- Trips and tours not mentioned in the program,
- Tips to guides and drivers (70 USD required for the whole program).

**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:**

- 600USD with the registration form before July 31, 2024, and the balance of 1,800 dollars must be paid by September 17, 2024.
- It is your responsibility to obtain China visa, and we will provide you with all the necessary information.
- Your passport must be valid for more than six months after departure from China.
- The program is subject to change according to the masters' 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

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Registration Form for Trip to Chengdu& Tibetan Region – October 18-31, 2024

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 1,800 USD will be paid by September 17, 2024
- Enclosed is a photocopy of the first page of my passport