

ITINERARY

Qigong Trip to China, April 9 to April 27, 2018

Day 1	April 9, Mon.	Leave U.S. for Beijing.
Day 2	April 10, Tues.	Arrive in Beijing and check in at Green Brothers Hotel: www.glxdhotel.com
Day 3	April 11, Wed.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Master Zhang, Jichang (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 4	April 12, Thurs.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Prof. Yu, Xiaofei (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 5	April 13, Fri.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Prof. Yu, Xiaofei (8:30am – 11:30am and 1:00pm – 4:00pm)
Day 6	April 14, Sat.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Master Cui, Shiguang (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 7	April 15, Sun.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Buddhist Master Mingxian (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 8	April 16, Mon.	Leave hotel and visit the Great Wall. Go to Beijing city and visit the Lama temple. Check into Temple of Heaven Hotel: http://www.tiantanhotel.com/EN/Default.aspx
Day 9	April 17, Tues.	Qigong practice in the Temple of Heaven Park. Go to Beijing city and visit the Tiananmen Square, the Forbidden City. Summer Palace in the afternoon, short boat ride on the Kunming lake in the Summer Palace. Enjoy a performance at Laoshe Tea House. Peking Duck for dinner.
Day 10	April 18, Wed.	Beijing to Wuhan by Bullet Train (G307, 8:30am - 1:47pm). Visit Yellow Crane Tower in Wuhan. Overnight in Wuhan.
Day 11	April 19, Thurs	Bus to the Wudang Mountains (4 hours). Visit Taiji Lake in the afternoon. Boat ride on the lake. Check into Qiongtai Hotel.
Day 12	April 20, Fri.	Visit Wudang Mountains scenic area: Golden Palace, South Rock Palace and Purple Cloud Palace.

Day 13	April 21, Sat.	Fly to Chongqing (9:35pm - 11:35pm) *This is the only flight available Overnight at 4-star hotel.
Day 14 - Day 17	April 22, Sun. to April 25, Wed.	Visit Da Zu Carvings. Board Yangtze Gold's Cruise (departs at 11pm from Chongqing) Please see the Cruise Itinerary below. On April 25, Disembark in Yichang. Fly to Shanghai by MU2675 (4:45pm to 6:35pm) Overnight in Shanghai.
Day 18	April 26, Tues.	Visit the Bund, Jade Buddha Temple, Chenghuang Bazaar and silk factory. Farewell Banquet in the evening.
Day 19	April 27, Fri.	Return to the United States after breakfast.

Chongqing--Yichang Cruise Itinerary

Day 1

18:00-20:30 *Boarding*
21:00 Cruise introduction

Day 2

06:30-07:00 Morning coffee or Taiji exercise (by staff).
07:00-08:30 Breakfast (buffet)
09:00-11:30 *Shore excursion to the Ghost City of Fengdu (optional, 295 yuan per person)*
12:00-13:30 Lunch (buffet)
16:00-18:00 *Shore excursion to ShiBaoZhai Pagoda (included)*
18:15-19:00 Captain welcoming party
19:00-20:30 Dinner (buffet)
21:00 Fashion show

Day 3

06:30-07:00 Morning coffee or Taiji exercise.
07:00-08:30 Breakfast (buffet)
07:30-10:15 *Shore excursion to White Emperor City (optional, 295 yuan per person)*
10:45(est.) Sail through Qutang Gorge
12:00-13:00 Lunch (buffet)
12:45(est.) Sail through Wu Gorge
15:15-18:15 *Shore excursion to Shennv by small boat (included)*
19:00-20:30 Captain farewell party (table service)
18:30-23:00 Check out
21:00-21:45 Performance by the staff

Day 4

06:30-07:45 Breakfast (buffet)
08:15 *Disembark. Visit the Three Gorge Dam (possible 280 yuan fee, depending on next year's policy)*
Arrive Yichang by bus

Note: Itinerary is subject to change.