

ITINERARY

Qigong Trip to China, April 5 to April 22, 2020

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Day 1	April 5, Sun.	Leave U.S. for Beijing. Direct flight from Seattle to Beijing, 12 hours.
Day 2	April 6, Mon.	Arrive in Beijing and check in at Jiuhuashanzhuang hotel. Each hotel room has warm spring tub at no additional cost. www.bjjiuhuashanzhuang.com
Day 3	April 7, Tues.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Prof. Yu, Xiaofei (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 4	April 8, Wed.	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 9, Thurs.	Qigong practice in the morning: learn Chinese Essence Qigong. Lecture by Master Zhang, Jichang (9:00am – 12:00pm and 2:00pm – 5:00pm)
Day 6	April 10, Fri.	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 11, Sat.	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 12, Sun.	Qigong practice in the morning. Climb the Great Wall. Check out from the hotel and move to downtown. Visit Yonghegong Lama Temple. Check into Sun World Hotel in downtown Beijing: www.sunworldhotel.com.cn
Day 9	April 13, Mon.	Qigong practice in the morning. Visit the Temple of Haven and Summer Palace in the morning. Forbidden City and Tiananmen Square in the afternoon. Special dinner: Peking Duck.
Day 10	April 14, Tues.	Leave Beijing to Kunming by air (3 hours). Lunch in Kunming. Visit Dian Lake and Daganlou in the afternoon. Check into local Hotel, 4 stars.

Day 11	April 15, Wed.	Qigong practice in the morning. Go to the Stone Forest by coach (1.5 hours) and spend all day in Stone Forest.
Day 12	April 16, Thurs.	Qigong practice in the morning. Go to Dali by coach (4.5 hours). Visit Chongsheng temple and its three pagodas. Other attractions include Cang Mountain and Er Lake. Enjoy a boat ride on Er Lake. Stay by the Old Town in Lijiang.
Day 13	April 17, Fri.	Qigong practice/coach in the morning. Take tour to visit Jade Dragon Snow Mountain. The top of the mountain is 4000 meters above sea level, temperature is below 0 Celsius. Tour in Lijiang Old Town in the afternoon. Enjoy the night out in the Old Town as you wish.
Day 14	April 18, Sat.	Qigong practice in the morning. Check out after breakfast, then go to Lahai Wetland Park, Shuanglang town, and then take boat to Nanshao island. Stay in Dali, 4 star hotel.
Day 15	April 19, Sun.	Qigong practice in the morning. Visit Dali ancient town, sea of flowers, then go back to Kunming by coach. Stay in Kunming city, 4 star hotel.
Day 16	April 20, Mon.	Qigong practice in the morning. Fly from Kunming to Shanghai (3 hours). Visit the silk factory. Acrobatic show at night. Stay in Shanghai city, 4 star hotel.
Day 17	April 21, Tues.	Qigong practice in the morning. Visit Jade Buddha Temple and Chenghuang Bazaar. Farewell Banquet in the evening.
Day 18	April 22, Wed.	Qigong practice in the morning. Return to the United States after breakfast.

* Vegetarian meals are available, please call or email to arrange ahead of the trip.

Note:

Itinerary is subject to change.