

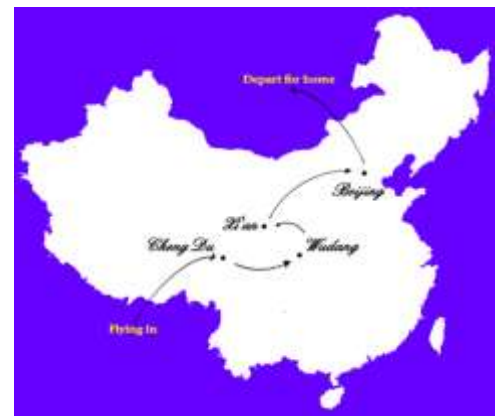
Tai Chi Qigong Cultural China tour 2016

10th – 24th April 2016

15 days - £1680.00

including international flights

Cheng Du / Xi'an / Wudang Mountain / Beijing



Trips like this with less adventures would cost well over £2300.00 in normal tour companies.....so a great saving of over £600.

Overview:

Culture and Health Tai Chi and Qigong China trip Oct 2016 covers fantastic Tai Chi & Health Qigong training & exchange with highly respected teachers from China and UK, take our path on enlightening Taoist pilgrimage, we will also visit beautiful ancient town - Huang Long Xi, see Giant Panda, be inspired by one of the biggest and oldest Hillside Carving of Buddha Statute as well as the world Famous Wudang Mountain to be inspired by this sacred Tai Chi and Taoist mountain.

This is a unique opportunity for enthusiasts of Tai Chi, Qigong, Martial Arts and Chinese culture to experience some of China's best. Whether you are a novice, intermediate or advance practitioner, or just simply want to have a trip of a lifetime, you will not find another trip more fulfilling and enlightening. your friends and family are welcome too.

Highlights:

- **Beijing** - Great Wall, Forbidden City, Temple of Heaven, Tai Chi, Qigong and meditation training with world class masters .
- **Cheng Du** - visit the **Giant Panda** conservation base, **Le Shan Giant Buddha** Hillside Statute. Beautiful **Ancient Town** with lots of culture and history.
- **Xi'an** - visit **Terra Cotta Warriors** - one of the most famous discovery in world's history, clay statues dates back 2000 years. and **Wild Goose Pagoda** - Buddhist temple with 2000 years of history, a breath-taking architectural building. City Wall - one of the oldest and most well preserved city wall in China
- **Wudang Mountain** - Sacred Taoist mountain, legendary birthplace of Wudang Tai Chi. learn Wudang Qigong & Meditation from Taoist monks. meditate and soul search in the tranquility of some of China's most unique Taoist temples.



Tai Chi & Qigong training (suitable for all levels – novice, intermediate & Advance alike)

Trainings are suitable for enthusiasts of all level and disciplines, however, they are not compulsory sessions and participants can choose to practise or just simply opt to have lazy and relaxing mornings. If times allowed, we could also organise extra activities for non-training participants at their own costs.

This trip will be led by Master Tary, one of Europe's highly respected Tai Chi and Qigong Teacher. He is the indoor disciple of Professor Li Deyin.

It is promised to be fun, educating, soul lifting and enlightening. not sure? look at our testimonials from trip members.



Tai Chi

- **Yang Style Tai Chi** - Yang Style Tai Chi is the most practised Style in the world, We will be learning the traditional form with masters from Yang Family lineage (in Yang Family home town) as well as the 24 step simplified routine is the most widely practised standardised Taijiquan routine in China, but also the most popular form all over the world with over 100 million people practising it daily. It is structure from the traditional Yang form and is regarded as a great representation of traditional Yang Style Tai Chi. There is a saying “When you know the 24 step Simplified Taijiquan; you will find friends in any corner of the Earth”.



Health Qigong

- **Ma Wang Dui Health Qigong** - Purpose of the exercises is to increase internal energy circulation through spiritual cultivation and physical exercises so as to improve health and fitness.



It improves the cardiovascular function and helps to cure such illnesses as coronary artery scleroses and osteoporosis. It strengthens one's immune system to a degree, delays the aging process and also improves one's mental health.

Wudang Qigong & Meditation (optional)

Wudang Qigong - Wudang is famous for it's sacredness as a Taoist mountain and legendary as the birthplace of Tai Chi, delegate will have the opportunity to train with a highly skilled and well respected Taoist monk with in-depth knowledge on Wudang Tai Chi and Taoist meditation.



What you will get;

- Improve your general health learn one of the most popular exercises in the world
- raise the standard of your practice to higher level with highly respected teachers.
- visit great places & meet people that you will remember and enjoy for years to come enjoy
- a fabulous holiday with great food, great culture and great fun

Who can join the trip

All Tai Chi & Qigong practitioners, family and friends are welcome to join us on this fantastic trip.

The aim of this trip is to offer participants a variety of experiences, as well as visits to great sights, magnificent landscapes & diving cultural and spiritual landmarks, there are also excellent choices of Martial Arts, Tai Chi & Qigong training suitable for enthusiasts of all disciplines, levels and abilities.



Itinerary

Meals indication: Breakfast - B, Lunch - L, Dinner - D

Day 1 – Sun

Depart for China

Day 2 – Mon B, (L & D not included) Cheng Du

Arrive at Cheng Du, Szechuan Province, check into hotel.



Day 3 - Tues B, L, D Cheng Du

Travel to Le Shan to see a famous world heritage, stone Buddhist statue, carved out of a rock along a hillside in the 8th century.

Day 4 - Wed B, D (lunch not included) Cheng Du

Tai Chi Qigong practice (8.30 - 10am) in the park, enjoy local culture and watch people daily life in the park. Visit to the Huang Long Xi Ancient Town, a 1700 years old town with beautiful architecture and landscape as well as great culture. Free time to wonder around to admire this lovely town at their own pace.



Day 5 - Thurs B, L (light lunch), D, Cheng Du

Check out hotel then **Tai Chi Qigong practice** (10 – 11.30am) in the park. visit the Panda Conservation Base to see how these unique animals are looked after and bred. Late evening sleeper train (soft or hard sleeper cabin depending on availability) to Wudang Mountain.



Day 6 – Fri B, L, D Wudang

Arrive at Wudang, travel up the mountain. After some rest and lunch visit the South Cliff Palace temple. Early evening **Tai Chi & Qigong Practice** (6 – 7pm)

Day 7 – Sat B, L, D Wudang

(optional £40 for both days' training) **Wudang Qigong and Meditation practice** (8.30am - 10.30am). visit the 400 years old Purple Heaven Palace Temple. After Lunch visit carefree valley, a valley with calming stream and beautiful lake.



Day 8 – Sun B, L, D Wudang

(optional) **Wudang Qigong and Meditation (8.30 - 10:30am)**. After lunch visit Golden summit (cable car up and walk down approx. 2.5 hrs. (optional) cable car down £8pp / ¥80rmb approx.)

Day 9 – Mon B, L, D Xi'an

Travel down the mountain and coach journey to Xi'an (5.5 hrs), check into hotel and rest for the day.



Day 10 – Tues B, L, D Xi'an

Tai Chi Qigong practice (8 – 9.30am). Visit world famous heritage of Terracotta Warrior Museum. (optional £30) Tang Dynasty Dance Performance.

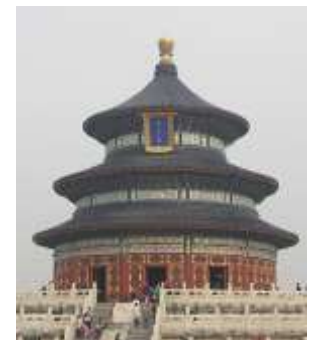
Day 11 – Wed B, L, D Xi'an

Check out of the hotel. Visit the Wild goose Pagoda, thousand year Buddhist temples and visit the most well preserved city wall, (optional) hire a bicycle and ride round the wall (approx. 1.5hrs). Late afternoon train to Beijing.

Day 12 – Thurs B, L D Beijing

Visit to the Great Wall of China, one of the new seven wonders of the world and Jade museum.

(optional £25 approx. - Peking opera fantastic performances with painted faces and traditional costume)



Day 13 – Fri B, L, D Beijing

Morning **Tai Chi practice** (8.30 – 9.30am), then visit Temple of Heaven, Royal Altar for Emperors to pray and offer the heaven for peace, harvest and prosperity. Visit the Tiananmen Square and Forbidden City Palace museum. Then Silk Factory to learn how silk weaved into beautiful garment and high quality duvet and pillows.

Day 14 – Sat (B, L) Beijing

Free day to relax, shop or visit places of interest.

Day 15 – Sun

Depart for home.

The itinerary is subject to change due to un-anticipated circumstances. In the unlikely event, when a sight, activity or training is not available, we will substitute it with suitable alternatives without prior notice. please also be aware that Train/flights and other transports also subject to change without prior notice.

Note: Please schedule one/two day at both ends of the trip in your holiday plan in case we have to change flight dates and time.

How to Book

Simply fill in the **booking form** below and return it to your instructor with a cheque (made payable to Tai Chi Link).

Payment: 4% admin charge will be added for card or paypal payment.

Payment could be made in full at booking or by instalment as follow;

Instalments	Pounds
Deposit (refundable before 31.08.15)	£700.00
30.07.15	£300.00
30.11.15	£300.00
15.02.16	Remainder

Accommodation:

We will stay at mostly 3 stars hotels, please be aware the hotel on mountain and small towns will be basic due to its location.

For further information please contact your instructor or call or email;

Tel: +44 7779 582940

Email: tary@healthqigong.org.uk or tary@deyin-taiji.com

Address:	Bank Detail
Deyin Taijiquan Institute (GB) 18 Carlton Drive Priorslee Telford TF2 9SH United Kingdom	Bank: HSBC Bank Account Name: Deyin Taijiquan Institute Sort Code: 404635 Account no. 51393871 Address: Market Place, Willenhall West Midlands WV132AF United Kingdom

Return International Flight Tickets

- **Non-direct flight -one stop**
- Depart from Heathrow possibly with one of the European airlines including **Russian Aeroflot, Chinese** or any available airlines
- Anyone in the UK **wishes to fly with a preferred airline or organise their own flights** will be subject to a Beijing airport pick up charge of £30

The return flight tickets will be purchased on your behalf through one of our appointed travel agents (ABTA Registered).

What's included

- seminar fees for all trainings
- All accommodations - two people sharing
- All transports (flights, coaches and train) in China
- Most meals (breakfasts, lunches and some dinners) except the day of leisure and free activity, members need to sort out their own lunch and dinner.
- First entry fees for the all attractions listed
- Return International Flight Tickets - Flight tickets are purchased, on our delegates' behalf, through one of our Partner agents who is ATOL and IATA registered.

What's not included

- Visa application fees - £105.00 (apply individually two months prior to travel).
- Travel and medical insurance (compulsory)
- Drinks with meals & extra orders for the meal
- Transports to and from airports in the UK and during free activities in China
- Single Room supplement (hotels) - (we'll try to match two single persons into one room, however, if it can't be done for any reasons, the single supplement will apply)
- Gratuities for coach drivers and tour guide (£50 to be collected at the beginning of the trip)
- Personal expenses (gifts or personal necessities)

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Booking form

Please fill in your details and pass it to your instructor or send it to:

18 Carlton Drive, Priorslee Telford TF2 9SH United Kingdom

First Name (as in passport)		Middle Name (as in Passport)	
Surname (as in passport)		Gender	
Date of Birth		Nationality	
Passport No.		Telephone No.	
Address			
		Postcode	
Email Address		Tour Number	CHAPR2016
Special Diets (e.g. Vegetarian)		Medical conditions	
Room requirement	Share / Single (please note if no suitable person to share room, single supplement will apply)		

- **Payment can be made in UK Pounds / Euros / US Dollars**
Cheque payment can only be made in UK pounds, Euro & Dollar can be made through Paypal or bank transfer.
- Please note that card or Paypal payment will incur a 4% Admin Charge.

15 Day Trip with international flights (departing from UK) - £1680.00	<input type="checkbox"/>	15 Day Trip no international flights £1180.00	<input type="checkbox"/>
15 Days Single room supplement £260 / €325 / \$430	<input type="checkbox"/>	Peking Opera £25 / €30 / \$37	<input type="checkbox"/>
Wudang Tai Chi & Meditation (6 hrs) £40 / €48 / \$64	<input type="checkbox"/>	Tang Dance £25 / €30 / \$37	<input type="checkbox"/>

- Gratuity (£50) will be collected at the beginning of the trip in Cheng Du.

I would like to book this trip and enclose a cheque (made payable to Tai Chi Link) in the sum

of for deposit / full payment

Date: _____

Deposit £700.00 refundable before 31st August 2015

Please send **Booking Form** with cheque (made payable to Tai Chi Link) deposit to **your instructor** or to **address below**;

18 Carlton Drive
Priorslee
Telford TF2 9SH