



**15 Days - £2195.00 plus** (optional) extension trip - £200.00

(including international & internal flights & Transports, hotels, sightseeing and most meals)

## Tibet

**Once in a lifetime opportunity to visit the land of Sacredness**



This is an absolute once in a lifetime opportunity to explore some of China's most famous and exotic places. We will first sample in **Beijing**, some of the finest palace and gardens in once enjoyed by the emperor of one of the greatest civilisation in the world.

This trip is a perfect opportunity to get a glimpse of the tradition and culture of the land of wonders "**Tibet**" where Buddhism first came into China, and be inspired by the beautiful temples, breathtaking snow mountains, divine religion and culture of one of the

56 most fascinating ethnic groups.

**Tibet** enchants tourists from China and abroad with its landscape, religious traditions, culture, and its unsolved mysteries. At any mention of this land, the images of snowy mountains, mirror-like lakes, Potala Palace and Buddhist disciples immediately come to mind.

Tibet Autonomous Region occupies one eighth of the China's territory. Due to its high altitude, it is often called the 'Roof of the World' and the 'Third Pole of the Earth'. It boasts the world's highest peak, the splendid Mt. Everest, and the Tibetan Plateau, where the Yangtze River and Yellow River both begin.



The history of Tibet can be traced back by about 4,000 years, during which the Buddhist religion, Zang Language and culture are shaped up. Most of local inhabitants practice Tibetan Buddhism. They maintain many unique practices, such as pilgrimage prostration and sky burial, where the bodies of the dead are exposed to birds of prey. Potala Palace, Jokhang Monastery and Toling Monastery are among the most famous Buddhist temples.

In addition to epic adventure, we will also be Practising **Tai Chi Chuan, Tai Chi sword, Push Hand** and **HealthQigong** with highly respected teachers in China

and Europe.

## Highlights:

- **Beijing** - Capital City of China
- **Forbidden City** - magnificent imperial palace with world heritage status.
- **Temple of Heaven** - Royal Altar where emperors of the past worship and made annual offerings for peace, health and harmony. it is also now a park where people do their morning Tai Chi Practice.
- **Xining** - a city with deep ethnic cultural, beautiful lake and heavy Tibetan influences.
- **Tibet** - one of the most religious land in China with so much controversies.
- **Potala palace** - one of the grandest temple in Chinese history built in plateau of Tibet, this temple was the palace of previous Dalai Lama and even as recent as the current Dalai Lama before he went into exile out of China.



## Training & Certification

1. **Intensive training** promised to raise your standard of Tai Chi practice.
2. *Tai Chi Training Tour T-Shirt*
3. (Optional) Assessment on *Tai Chi Routines* certificated by DeyinTaijiquan Institute
4. (optional) Health Qigong *Duan Grading* (optional) by our Partner the Chinese Health Qigong Association

Intense 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.



## Tai Chi

- **Sun Style Tai Chi (38 step short form)** - one of the 5 major styles of Tai Chi created by one of China's most famous martial artists, Grand Master Sun Lu Tang. It combines some of the best internal aspect of Xing Yi Quan, Bagua and Tai Chi to form a unique style that captures the heart and mind of many Tai Chi enthusiasts.

The 38 Step short form is an excellent form ,which offers enthusiasts great insight into this sophisticated Tai Chi style. The Sun Tai Chi is also excellent for joints and internal refinement.

- **Yang Style Tai Chi Long Form (88 Step)** - Tai Chi Long form is the representational form for all traditional Tai Chi systems. the 88 step long form is one of the variations of traditional Yang Style Tai Chi system. It is being practised by millions of Tai Chi ad Qigong enthusiasts in China and throughout the world. it offers a good insight to traditional Yang Style Tai Chi and this form is suitable and easy to be learned by Yang Style practitioners.

The Tai Chi Practice will be conducted by Master Tary, one of Highly respected Tai Chi teachers in the world, Tai Chi enthusiasts of all levels and disciplines are welcome. you don't need to have practiced the form before to learn. The training is a good improvement opportunity for people who have learned the forms and a good taster for those who haven't.

The training will give travelling members a good insight to two unique styles of Tai Chi and hopefully help them in their practice of their own disciplines.



## Health Qigong

- **Xing Yi Standing Pole Qigong** - Qi Gong was created 2 thousand years ago, its easy movements and impressive offers great effects on health make it a gem in China's health and fitness culture. The Xing Yi Standing Pole Qigong was created by Grand Master Li tian Chi, father of Professor Li Deyin, one of China's foremost Qigong Masters, the purpose of the exercises is to increase internal energy circulation through spiritual cultivation and physical exercises so as to improve health and fitness.
- **Eight Treasure Qigong** - Eight Treasures Qigong has over one thousand years of history, it is one of the most popular health exercises being practised by millions of people in China and throughout the world. There are many version of Eight Treasures and this version is passed down by professor Li's family, it is easy to learn and practise and yet it gives tremendous health benefits in very short period of time.



Deep natural breathing is required during the practice of the routines, without any constraint. It has been proved that practice of these Qigongs improves the respiratory system, limb strength, flexibility of the joints, fortifies the nerves as well as enhances the general balance.

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



### **Benefits 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.

B - Breakfast / L - Lunch / D - Dinner

**Day 1** – 8th Oct / Sunday

Depart for Beijing

**Day 2** – L only (dinner not included) **Beijing**

Arrive in Beijing, transfer to hotel. Rest for the day to recoup (please note that if we arrive too early for hotel check in, we will visit one of the sights before traveling to hotel)



**Day 3** – B, L, D **Beijing**

**Sun Style Tai Chi 38 Step** (8.30am – 12noon), Afternoon visit Great Wall, We will be visiting the unrestored section of the Great wall where we experience the rise and fall of a empire in the last thousand years. .

**Day 4** – B, L, D **Beijing – Xining**

**Sun Style Tai Chi 38 Step** (8am – 10.30am). Check out of hotel (11.30pm) and visit the Summer Palace, the royal garden for emperors of the last few centuries. depart from Beijing on our epic train Journey (20.10pm) to "**Tibet**", the sacred land of Tibetan Buddhism.

The **train journey** itself is an **exhilarating experience**, Board the high-altitude Rooftop of the World train for your spectacular journey. You will travel about 3200 miles, reaching an altitude of almost 17,000 feet as you cross the Tangula Pass. This recently completed railway line is the first to link Tibet with the rest of China and is a magnificent feat of engineering. The high tech trains all have specialist carriages with their own oxygen supplies, and in places the track is cooled so that the permafrost it's laid over does not melt. Magnificent vistas and incredible open spaces are spanned by long bridges and interspersed with modern stations - this is one rail journey that you'll never forget.. This park was built 200 years ago and used to be the Summer Palace of religious leaders of Tibet



#### Day 5 - D Xining

Arrive at Xi Ning (15.50pm), a beautiful city with strong Tibetan influences. Check into hotel and rest for the night. Early evening practice

#### Day 6 – B, L, D Xining - Lhasa

**Xing Yi standing pole Qigong** (7am – 8.30am). This morning We will visit one of the most beautiful lakes in China, **Qing hai Lake**, then we will visit the **Dongguan Mosque**, one of the biggest mosques in China. Islam is one of China's major religions and it existed in harmony with Buddhism for hundreds of years in China. This shows the great harmony and diversity of ethnic culture in China, we would see first hand.



#### Day 7 - B, L, D Tibet (Lhasa)

**Xing Yi Qigong** (8 – 9.30am), Free Morning to relax and explore local culture and customs. Carry on our train journey (15.05pm) for Tibet.

#### Day 8 – D Lhasa

Train journey enroute. Arrive in the afternoon (16pm approx.) at Lhasa, capital city of Tibet, check into hotel. The altitude of Tibet is 3,650 meters above sea level.

We suggest that you have a good rest at the hotel for the remaining time of the day to acclimate the high altitude in case of acute mountain sickness.

P.S Breakfast and lunch are not included as there are only basic breakfast and lunch on offer, however we recommend our members buy some light snack and bread at train station for the train journey.



#### Day 9 – B, L, D Lhasa

**Eight Treasures Qigong** (8 – 9.30am), Visit the **Potala Palace**, which is the integrated rule center of the last ruler. There are tens of thousands of pieces of statue Thangka (scroll painting). This is the best place to experience, understand and explore the religion, culture, and history of Tibetan life. Visit to the bustling **Barkhor Market**, a fascinating maze of streets lined with stalls selling everything from Chinese army surplus to religious icons. visit a local Tibetan Family and experience the Tibetan culture first hand.

#### Day 10 – B, L, D Lhasa

**Eight Treasures Qigong** (8 – 10.30am), visit the **Jokang Monastery**, located in the suburb of Lhasa City. It is one of the 'Three Great Monasteries' and the largest one in Tibetan Buddhism. Looking at a distance, the monastery is like a heap of rice, consisting of a group of white buildings layer upon layer. Proceeding to



Lhasa Carpet Factory, you could see how an elegant, soft and colourful Tibetan carpet is weaved by locals. a history tour to Tibet Museum, which exhibits a number of historical relics and treasures of Tibet. After that, turn to visit the nearby **Norbulingka Park**, the most beautiful and largest man-made park in Tibet. This park was built 200 years ago and used to be the Summer Palace of religious leaders of Tibet.

**Day 11 - B, L, D Lhasa – Gyantse**

**Eight Treasures Qigong** (8 – 9.30am), Travel to the smaller town of Gyantse and visit the famous Gyantse Kumbum, the largest shrine in Tibet.

**Day 12 – B, L, D Gyantse – Shigatse**

**Qigong & Tai Chi practice** (8 – 9.30am), continue our journey to Shigatse, the second largest city in Tibet. Visit the Tashilhunpo Monastery, the traditional residence of the Panchen Lama. Travel back to Lhasa.

**Day 13 – B, L, Lhasa - Chengdu (Flight)**

**Qigong & Tai Chi practice** (8 – 9.30am) Fly to Cheng Du, Check into hotel and rest for the day.

**Day 14 – B (lunch & dinner not included) Cheng du**

Free day to relax, recoup and do last minute shopping for friends and families.

**Optional visits** (400rmb approx. £50 includes lunch, transport and entry tickets) - **Giant Panda conservation Base** in the morning and **Luo Dai ancient Town** (one of Szechuan's more unique towns with lots of traditional characteristics) in the afternoon. We need minimum of 12 people due to bus hire and logistics.

**Day 15 -**

Departure for Home

As we are near one of the most sacred mountain - Mt. Emei in China, we are planning an extension trip to explore further this sacred mountain and hopefully practice more Tai Chi.

**Extension option - Cheng Du / Emei Mountain : 22nd - 25th Oct**

**Day 15 – B, L, D The Emei Mountain**

**Yang Style Long Form 88 Step** (8.30am – 11.30pm), check out of hotel and travel to one of **China's most sacred Buddhist mountain, the Emei Mountain**. this sacred mountain shares the same popularity and sacredness as the Wudang mountain. there are many ancient Buddhist temples where pilgrims visit and worship.

Check into hotel and rest for the day.

**Day 16 – B, L, D Golden Summit Of Emei**

Travel to the top of the mountain, the Golden Summit to admire the breath taking view and be inspired the sacred Aura of these holy mountain. **Possible Tai Chi Practice on the summit** - If time and space allowed we will practice Tai Chi and Qigong.

**Day 17 – B (lunch & dinner not included)**

**Yang Style Long Form 88 Step** (8.30am – 11.30pm), Return to Chengdu and rest for the day.

**Day 18 –**

Transfer to the airport for departure.



- **When booking your holiday at work** please allow one extra day on both side of the trip in case of delays or flight changes
- **The Itinerary is subject** to changes but all sights listed will be covered, the final itinerary will be confirmed & given to the group in Beijing. If any sights are closed due to unforeseen circumstances out of our control, alternative sights will be offered without advance notice.



### **Special Notice:**

- During this tour you will travel to altitudes of almost 17,000ft which should not cause a problem. However, we will recommend plenty of rest and no alcohol upon arrival of Tibet.
- During the train journey you will travel in pressurised compartments and oxygen is available if necessary. If you suffer from heart or respiratory conditions or have any other concerns please consult your doctor.
- There are factors (flight tickets availability, delay etc.) out of our control, which could affect our time of travel or return, therefore **when booking your holiday please plan for an extra day on both side of the trip.**

### **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.

We also **welcome participants from Europe, US, Australia or any countries** outside the UK to join us. Our representative will greet you at Beijing international airport and take you to join the group at the hotel .

### **How to Book**

Simply print out a **booking form**, fill it in and return it to us with a cheque (made payable to Tai Chi Link) of at the address below;

Tai Chi Link  
C/O DTI  
18 Carlton Drive  
Priorslee  
Telford TF2 9SH

Or Alternatively **Book online** (no payment is needed until we send you a confirmation)

A 4% admin charge has been added to online payment (all types)

For more information: contact +44 7779 582940 or email: [info@taichilink.net](mailto:info@taichilink.net)

### **Special Notice:**

- During this tour you will travel to altitudes of almost 17,000ft which should not cause a problem. However, we will recommend plenty of rest and no alcohol upon arrival of Tibet.
- During the train journey you will travel in pressurised compartments and oxygen is available if necessary. If you suffer from heart or respiratory conditions or have any other concerns please consult your doctor.
- There are factors (flight tickets availability, delay etc.) out of our control, which could affect our time of travel or return, therefore **when booking your holiday please plan for an extra day on both side of the trip.**

### **Trip Fees:**

<b>15 Days Trip</b>		<b>Extension Options 22nd - 25th Oct</b> (18 days including first part of trip)	
15 Days with International flights (UK only)	£2195.00	Extension Option	£200.00
15 Days without International flights	£1650 / €2200 / US\$2300	Extension Single Supplement	£80 / €105 / \$115
15 Days Single Supplement	£320 / €430 / \$450		

- **Participants from Europe, USA & other countries** outside the UK will need to organise own international flights, however we will organise **free** pick up at Beijing international airport.

## To book:

**Register online** and either pay with Paypal / Credit Card or Bank transfer, Or fill in the **Booking Form** and return to us

Address:	For Bank transfer <i>For UK registrant only</i>	China Bank Transfer <i>For Registrant outside UK</i>
Tai Chi China Trip C/O Deyin Taijiquan Institute (GB) 18 Carlton Drive Priorslee Telford TF2 9SH United Kingdom	<b>Bank:</b> Natwest <b>Name:</b> Deyin Taijiquan Institute <b>Sort Code:</b> 600330 <b>Acc. No:</b> 79613438	<b>Bank:</b> ICBC, China <b>Branch:</b> Beijing Branch <b>Swift Code:</b> ICBKCNBJ <b>Name of account holder:</b> Ye Zhi Wei (please make sure the name must be in this format) <b>Account No:</b> 6212 2602 0000 0679 577

- Payment 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.
- Delegates from outside the UK need to organise own international flights, then give us flight itinerary, our representative will meet you at Beijing International airport.
- Please note that **card or paypal payment will incur a 4% Admin Charge.**
- **Payment options:** in full with booking or instalments as follow;

Instalments	Pounds	Euros	US dollars
Deposit (non refundable after 28.02.17)	£800.00	€1000.00	\$1100.00
28.02.17	£600.00	€750.00	\$850.00
31.05.17	£300.00	€400	\$500
31.07.17	Remainder		

What's included	What's not included
<ul style="list-style-type: none"><li>• Seminar fees for all trainings and certification teaching materials</li><li>• Tibet Entry Permit</li><li>• All accommodations (3 star hotels) two people sharing</li><li>• All transports (flights, coaches and train) in China</li><li>• 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.</li><li>• Entry fees for the all attractions</li><li>• Return International Flight Tickets - Flight tickets are purchased, on our customers behalf, through one of our Partner agents who is Atol and IATA registered.</li></ul>	<ul style="list-style-type: none"><li>• Visa application fees - £175.00 (including visa centre admin charge).</li><li>• Travel and medical insurance (compulsory)</li><li>• Drinks with meals &amp; extra orders for the meal</li><li>• Transports to and from airports in the UK and during free activities</li><li>• Single Room supplement (hotels) - £320 - 15 days or £400 - 18 days</li><li>• Gratuities for coach drivers and tour guide (we recommend £50 / \$80 for 15 days or £60 for 18 days per group member ) to be collected at the beginning of the trip.</li><li>• Personal expenses (gifts or personal necessities)</li></ul>

## Return International Flight

### **Departure to Beijing China and Return From Chengdu China**

- **Non-direct flight one stop**
- Depart from Heathrow possibly with one of the European airlines including **Chinese** or **any available airlines**, which fit into our budget. All airlines are Sky alliance members and all meet the strict security standard required by the alliance.
- Anyone in the UK **wishes to fly with a preferred airlines or organise their own flights** will be subject to a Beijing airport pick up charge of £30 and/or increase in price.
- For Non UK travellers please organise your own flights and we will organise a representative to pick you up at the airport
- The return flight tickets will be purchased on your behalf through one of our appointed travel agents (ABTA Registered).

## 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 full terms and conditions please visit <http://www.taichilink.net/catalog/terms-condition-ezp-11>

# "Tibet Cultural & Tai Chi Epic Tour"

Beijing / Xining / Tibet

8<sup>th</sup> Oct – 22<sup>nd</sup> Oct 2017

15 Days £2195.00 / 18 Days 2395

## Booking form

Please fill in your details and send it to:

Deyin Taijiquan Institute  
18 Carlton Drive, Priorslee, Telford TF2 9SH

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	BTET1017
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.

## Trip Fees

15 Days Trip		Extension Options 22nd - 25th Oct (18 days including first part of trip)	
<b>15 Day Trip</b> with International flights £2195.00	<input type="checkbox"/>	<b>Extension Option</b> £200.00	<input type="checkbox"/>
<b>15 Day Trip without</b> International flights £1650/ €2200 / \$2300	<input type="checkbox"/>	Extension Single Supplement £80 / €105 / £115	<input type="checkbox"/>
<b>15 days</b> Single supplement £320 / €430 / \$450	<input type="checkbox"/>		

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

Instalment method:	Pounds	Euros	US dollars
Deposit (non-refundable after 28.02.17)	£800.00	€1000.00	\$1100.00
28.02.17	£600.00	€750.00	\$850.00
31.05.17	£300.00	€400	\$500
31.07.17	Remainder		

I would like to book this trip and enclose a cheque (made payable to Deyin Taijiquan Institute) in the sum

of ..... for deposit / full payment

Please **Booking Form** with cheque deposit to address below;

Deyin Taijiquan Institute  
18 Carlton Drive  
Telford TF2 9SH