

Kahuna Valley presents:

**Medical Qigong Study and Treatment Tour to China:
Beijing / Tai Yuan / Wu Tai / Datong**

10th Anniversary Trip with Francesco Garri Garripoli and Daisy Lee-Garripoli

September 15 - September 29, 2006

Featuring Master Wan Su Jian, Director of the Beijing Red Cross
Traditional Medical Exchange Institute and his students

9/15 Friday - Our group leaves out of San Francisco International Airport (SFO) around 2:00 pm. (we accommodate our travelers from Canada and abroad, making arrangements to all meet in Beijing on Saturday 9/16 as we pass the International Date Line)

9/16 Saturday - Arrive in Beijing, China in the early evening, greeted by Master Wan Su Jian and his students and get escorted to the 4-star Fragrant Hill Hotel, nestled in the mountain foothills at the Western edge of the city. This is where we'll stay for a few days, in comfortable accommodations. After a sumptuous welcome dinner, we receive a healing Qigong tui'na treatment and foot bath/massage before retiring for the evening.

9/17 Sunday - We start the day with a buffet breakfast at hotel, and then head to Master Wan's Institute by bus Master Wan officially welcomes us at the Opening Ceremony with Taoist music played by his students, as well as Kung Fu and Qigong demonstrations. After the ceremony, your personal Qigong treatment and foot massage. Lunch, and then a unique Taoist Qigong calligraphy healing session (where you will receive as a gift to take home, an artwork scroll painted for you to promote healing) and a traditional Tibetan Qigong healing treatment. The second part of the training will include a traditional Taoist Tea ceremony and Tibetan Buddhism meditation at the Guan Yin Hall. Tonite is our welcome party at the Institute with a festive Chinese banquet followed by a Taoist "good luck" ceremony in the Lao Zi hall.

9/18 Monday - Early morning Qigong training on the magical, forested 3,000 acre grounds of the hotel, followed by a Chinese buffet breakfast. We head back to the Institute by bus and then attend a Qigong lecture by Master Wan. After this, we receive our personal Qigong treatment and foot massage and then enjoy lunch at the Institute, cooked by the resident Master chef and Qigong practitioner. After lunch, we have Zen practice at the Institute's Zen Meditation Hall and Qigong training in the courtyard around the central Tai Ji tablet. Dinner will be a healthy and delicious, gourmet Chinese meal at the center... and then we head to the Beijing Rail Station to catch our overnight, luxury sleeper train to mystical Mian Shan, southwest of the capital.

9/19 Tuesday - We arrive in Mian Shan in time to have breakfast at the 4-star Yun Feng Ye Yuan Hotel where we'll be staying. Built into the side of the sheer rock walls of a unique mountain canyon, this remote hotel is part of an ancient temple complex that is like nothing you've ever seen. Next we visit the beautiful Taoist temple at Da Luo Palace by bus, and return in time to check into our hotel and have lunch at there. Afterwards, we'll enjoy our personal Qigong treatment and then receive Qigong cultivation training at Yun Feng Temple (Dragon Cloud Temple). We'll have dinner at hotel and then enjoy the night views of the Taoist temple and receive Qigong training by Master Wan and his senior students.

9/20 Wednesday - After early morning Qigong training and breakfast at the hotel, we leave Mian Shan and head to Ping Yao by bus to visit the Wang family courtyard folk house museum. Ping Yao city is a place frozen in time, with most buildings over 500 years old and pedal carriages replacing cars. We'll enjoy a local meal on the old Ming/Qing Dynasty street, and then enjoy sightseeing and shopping time. This town is full of very inexpensive Chinese treasures and a shopper's paradise for those who like authentic (and replica) antiques and unique gifts. Next we go to Ji Chi, the town where Master Wan grew up as a child. This place has a lot of meaning to him and as such, we will receive the benefits of his stories and connections. We check in to the 5-star Ji Chi Nation Hotel. This is a brand new, luxury resort, replete with a world-class spa and rooms appointed with every amenity. We are honored to be the first foreign guests at this private facility built for Chinese heads of state. We'll enjoy a gourmet dinner at the hotel, and then return to our rooms for private Qigong treatments.

9/21 Thursday - Morning Qigong training with Master Wan's students on the exquisite grounds of this resort, breakfast at our hotel and then a Qigong lecture and training by Master Wan in the beautiful hotel facilities. After a gourmet lunch at the hotel restaurant, we walk over to the 500 year-old Ming Dynasty temple that the resort shares grounds with. We practice Qigong and enjoy the ancient relics and serene water features of this temple that has strong feminine energy, including a sacred area with statues where women have come to ensure their fertility for centuries. We have dinner at the hotel and then receive or personal Qigong treatment. For those interested, we will do some Qigong training next to the stream that runs through the resort.

9/22 Friday - We start the day again with group Qigong training, have breakfast at the hotel, and then take a short bus ride up the mountain to visit the Buddhist cave at Tian Long Shan (Heavenly Dragon Mountain) There is a giant, four-story high Buddha statue carved into the mountainside that is amazingly powerful... and a temple was built around it to protect and honor the statue! We have lunch at the hotel, and then participate in various activities including a Qigong theory lecture by Master Wan and Qigong training. After dinner, we enjoy our treatment, and then practice Zen and Taoist meditation before retiring for the evening..

9/23 Saturday - Morning Qigong training, have breakfast at the hotel, then visit the Shan Xi Province museum and the famous Double Pagoda. After lunch, we will continue our Qigong training at the hotel which includes a lecture on working with Qi and working with pressure points. We'll have time for quiet contemplation on the hotel and temple grounds, and then meet up for dinner and end the day with our individual Qigong treatment in the comfort of our elegant rooms for the last night at this resort.

9/24 Sunday - Morning Qigong training, and then after breakfast, we go visit Wu Tai Mountain, a sacred location for Buddhist throughout China. We'll enjoy lunch at a local restaurant and then check in the Wu Tai Hotel. We'll enjoy some spectacular sightseeing and receive Qigong training from Master Wan up on Wu Tai Mountain. We return to our hotel for dinner and then rest in our rooms as Master Wan and his students come to give us our daily Qigong treatment.

9/25 Monday - Qigong training, breakfast, and then back up Wu Tai Mountain for more sightseeing and Qi cultivation training. Next we take a ride through the country by bus to Da Tong city, the home of Master Wan's parents (his Mom is a famous Tradition Chinese Medical doctor and acupuncturist with her own small clinic, and his Father, a retired Western hospital director, helps her in the clinic.) Da Tong food is uniquely delicious and we'll enjoy lunch and sample some of the unique local dishes. After checking in to the grand, 4-star Da Tong Hotel (where famous dignitaries stay) we go visit the Buddhist Yun Gang Cave - one of the great sites of China (you can see shots of the amazing statues there in our PBS Qigong documentary). We'll be treated to more Da Tong cuisine for dinner at the hotel, followed by our Qigong treatment in our hotel rooms... which will be most welcome after a long day.

9/26 Tuesday - Early morning Qigong training, back to the hotel for breakfast and then return to Beijing by bus. We'll be at Master Wan's Institute for lunch, and then receive our Qigong treatment and foot massage. We then check in at the Fragrant Hill Hotel and have dinner at a favorite, local village restaurant. For those interested, we'll have a Qigong training at the powerful earth point of Fragrant Hill.

9/27 Wednesday - The day starts with Qigong training at the magical Fragrant Hill Lake, after which we walk back to the hotel for their tasty buffet breakfast. You can enjoy free time for activities around Fragrant Hill (hiking, chair lift to the top of the mountain, shopping, etc.). We'll return to the Institute for lunch and then we'll get our individual Qigong treatment and herbal foot soak/massage. There will be a Qigong lesson at the Institute, and then we'll go into Beijing city to visit the Temple of Heaven. Dinner will be the local favorite, Beijing noodles at a very local and authentic restaurant. Evening entertainment will be a treat - the reknown Chinese Acrobatics in downtown of Beijing.

9/28 Thursday - Group Qigong practice near the Fragrant Hill Hotel ponds, then our buffet breakfast. Today we'll visit Tian An Men Square and the Forbidden City, followed by lunch at the Emperor's Restaurant -serving the same menu that was served to the Emperor. (for those who have been to these sites before, we'll have an alternative for you to do this afternoon.) Next is shopping at the famous Wang Fu Jing street and amazing Silk Market... good deals abound. We then return to the Institute for our formal Closing Ceremony and send off party replete with a fabulous banquet, entertainment and music by Master Wan's very talented students, and of course, Chinese fire works.

9/29 Friday - Early morning Qigong training at Fragrant Hill, and our final, big buffet breakfast at the hotel will help send off as we head to the Beijing International Airport, leaving at Noon and arriving in San Francisco at 8:23 am... completing our wonderful China journey, grateful for the gifts we have received.

All-inclusive cost: \$ 3,795 US

e-mail daisy@kahunavalley.org to contact us to make your reservation or ask a question... or call toll-free (800) 723-1927

Please note:

You are responsible for any personal incidental and gift purchases of course, as well as laundry services and telephone calls incurred while in China. The trip price is based on double occupancy, but if you would like to have a private room during this journey, the extra cost is \$595 US. You are required to have a valid Passport and China Travel Visa to join this trip (we will advise you on how to acquire this - it is relatively easy and will cost you about \$75 US.

A \$500 deposit is required to secure your place on this limited participant trip, which fills on a first-come, first-served basis. Final payment balance is due by July 1, 2006. Our cancellation policy is based on trip director discretion and we do our best to help on a case-by-case basis. As the departure date nears, it will of course be more difficult to provide full refunds due to fees and fares that we pay in advance.

Please bring two passport-sized photos with you for use on the Certificate of Training from Master Wan Su Jian that you will receive upon completion of your studies on this trip. Trip directors Francesco and Daisy Lee-Garripoli will provide information through their emailed China Travel Tips to help you prepare for this study trip every month or so as the departure date nears.

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