

----- China Trip Itinerary 2007 -----  
with Francesco Garri Garripoli & Daisy Lee

**September 16 - 30**

**9/16 Sunday** - 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 Monday 9/17 as we pass the International Date Line)

**9/17 Monday** - Arrive in Beijing, China in the early evening, greeted by Master Wan Su Jian and his students and get escorted to Master Wan Su Jian's International Medical Qigong Training Center 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 within the Institute. After a sumptuous welcome dinner, we receive a healing Qigong tui'na massage treatment and foot bath/massage before retiring for the evening.

**9/18 Tuesday** - We start the day with a buffet breakfast and then 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, you receive your personal Qigong treatment and foot massage. Lunch, like all meals at the Center, is cooked by the resident Master Chef who picks up fresh ingredients from local farmers on his three-wheeled bicycle each morning. This food is amazing and healthy and filled with Qi. The afternoon will include three unique activities. First, a Taoist Qigong calligraphy healing session (where you will receive as a gift to take home, an artwork scroll painted for you by Master Wan to promote healing.) Next will be a traditional Tibetan Qigong healing treatment where Master Wan's senior students use the Tibetan Long Horn in a sound-healing session. The third part of the training will include a traditional Taoist Tea ceremony and Tibetan Buddhist 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.

**9/19 Wednesday** - Group Qigong practice. Breakfast. Today's adventure will be to the magical Bei Hai Temple, located in a remote mountain pass outside of Beijing. This is Daisy's favorite place, replete with 1,000 year-old Dragon Pine Trees and a 40 foot-tall golden Buddha statue. After lunch at the temple - a gourmet vegetarian treat that simulates various meat dishes in ways that will amaze you - we return to the Institute for our Qigong and foot massage treatment. We are treated to a traditional Chinese dumpling (jiao zi) dinner (which you will help to prepare, learning about incorporating Qi into cooking)

**9/20 Thursday** - Early morning Qigong training in the Center's Yin Yang Courtyard starts the day, followed by another delicious breakfast. After this, group members who wish it will be taken to climb the Great Wall with some of Master Wan's wonderful young students. This is a must for first-time China travelers. After that, you will be escorted to the famous Tianamen Square in downtown Beijing where we will have an "imperial" lunch at the famous Emperor Restaurant serving food made from recipes once reserved only for the Emperor himself. We then walk across Tianamen Square, crossing the boulevard via

one of the massive underground walkways (which are part of the military security system for citizens) and visit Gu Gong (the Forbidden City), home to the Emperor, his court, and his concubines. Note that a separate side trip or additional Medical Qigong training will be available for repeat travelers who have already been to the above sites. Dinner will be a healthy and delicious, gourmet Chinese meal at the Institute followed by our daily, personal healing treatments.

**9/21 Friday** - Morning Qigong training, followed by a sumptuous breakfast. After breakfast, your personal Qigong treatment, foot massage and training. We then load up all our belongings and take a 20 minute bus ride to Xiang Shan (Fragrant Hill) to check in at the world famous Fragrant Hill Hotel (designed by the reknown architect I.M. Pei). We receive Qigong training on the grounds of the legendary Bi Yun (White Cloud) Temple - ruins of this ancient Buddhist temple are located within the 3,000 protected acres of this lush mountainside park surrounding the hotel... next to the quaint village of Fragrant Hill where we will enjoy a delicious gourmet, buffet dinner at this 4-star hotel right in the temple complex. Group Qigong training this evening will be at the beautiful Winter Bamboo Garden on the hotel grounds.

**9/22 Saturday** - We start the day early with group Qigong training at the magical Lakeside Pavilion a short walk from the hotel... and then enjoy a fabulous breakfast back at the hotel. After this is your free time to stroll through the park and into the village to purchase gifts in the many tiny shops within walking distance of the hotel. Prices here are very low and items range from gifts for children to martial arts weaponry, Buddhist statues, musical instruments, ceramics, silk items, you name it. A great place to practice your Chinese bargaining skills! If you tire of shopping, then be sure to take the chair lift all the way to the top of Xiang Shan to take in the most breathtaking view of Beijing in the distance... and experience the powerful Qi vortex on the mountaintop. We'll all meet back at the hotel for another amazing buffet banquet.

**9/23 Sunday** - Morning Qigong training around the hotel's lovely pond and rock garden sets the day's energy and is followed by the awesome breakfast buffet at the hotel. We take our suitcases to the lobby and onto the bus that will bring us to the immense Beijing Train Station, our point of departure for Beidaihe. This five-hour, first class train adventure gives us a chance to really see the countryside as we make our way to the South China Sea coast where a most amazing, private and exclusive Medical Qigong Training and Treatment Center is located. Created by the man who actually coined the word "Qigong" back in the 1960s, this facility is only open part of the year and caters to China's elite government and military officials. I haven't been here for 11 or 12 years, but through my connections, we are invited back. We will be personally escorted and taken there from Beijing under the wing of Master Jiang, one of the most highly respected Qigong Masters and I Ching (fortune telling) experts in China who is doing this as a special favor to us thanks to the effort of our SECOND Qigong Master traveling with us, Madame Wang.

**9/24 Monday** - Morning Qigong exercises will be in the pine forest at the beach right on the facility grounds. Then after breakfast, we will begin our daily routine here at the Center. Master Jiang will give us a high-level Qigong lecture and hands-on training for two hours, assisted and translated by Madame Wang. We enjoy a healthy lunch at the facility dining hall and then a short rest. Next we receive our afternoon training by Master Jiang and Madame Wang. We will then each receive our daily Qigong energy balancing tui'na massage by one of Master Jiang's senior students who will be staying with us at the Center. Following will be our daily foot bath and foot massage, preparing us exquisitely

for dinner in the dining hall. After dinner is time for rest... but Masters Jiang and Wang said that they will be available for private, one-one-one healing sessions for anyone who wishes. (Any fees for these sessions are between you and the Master and about the only thing not included in our trip price.)

**9/25 Tuesday** - Morning Qigong exercises will be amongst the pine trees at the beach right on the facility grounds. Then after breakfast, we will continue our daily routine here at the Center. Master Jiang will give us a high-level Qigong lecture and hands-on training for two hours, assisted and translated by Madame Wang. We enjoy a healthy lunch at the facility dining hall and then a short rest. Next we receive our afternoon training by Master Jiang and Madame Wang. We will then each receive our daily Qigong energy balancing tui'na massage by one of Master Jiang's senior students who will be staying with us at the Center. Following will be our daily foot bath and foot massage, preparing us for dinner in the dining hall. After dinner is time for rest... or your one-one-one, private healing session with Masters Jiang or Wang.

**9/26 Wednesday** - Morning Qigong exercises will be amongst the pine trees at the beach right on the facility grounds. Then after breakfast, we will continue our daily routine here at the Center. Master Jiang will give us a high-level Qigong lecture and hands-on training for two hours, assisted and translated by Madame Wang. We enjoy a healthy lunch at the facility dining hall and then a short rest. Next we receive our afternoon training by Master Jiang and Madame Wang. We will then each receive our daily Qigong energy balancing tui'na massage by one of Master Jiang's senior students who will be staying with us at the Center. Following will be our daily foot bath and foot massage, preparing us for dinner in the dining hall. After dinner is time for rest... or your one-one-one, private healing session with Masters Jiang or Wang.

**9/27 Thursday** - Morning Qigong exercises, then after breakfast, we will continue our daily healing/training routine here at the Center. Master Jiang will give us a high-level Qigong lecture and hands-on training for two hours, assisted and translated by Madame Wang. We enjoy a healthy lunch at the facility dining hall and then a short rest. Next we receive our afternoon training by Master Jiang and Madame Wang. We will then each receive our daily Qigong energy balancing tui'na massage by one of Master Jiang's senior students who will be staying with us at the Center. Today you will get to experience the unique "herbal healing bath" followed by our daily foot bath and foot massage, preparing us for dinner in the dining hall. After dinner is time for rest... or your one-one-one, private healing session with Masters Jiang or Wang.

**9/28 Friday** - Group Qigong practice followed by our final breakfast at the Center... farewells and then back to the train station as we take our relaxing, 5 hour, first-class train ride back to Beijing, enjoying the countryside and village views. Upon our return, we will be shuttled by bus to our downtown hotel where we'll have free time to explore the modern side of China - a myriad of shops and colorful night life - and dinner in the city together.

**9/29 Saturday** - Your chance to sleep late or walk around the neighborhood and watch the city wake up on a weekend morning. We'll have breakfast at the hotel and then visit the famous Wang Fu Jing street, the lovely international embassy area, the giant Friendship Store (replete with a Starbuck's), and the amazing, 7-story, Silk Market... good deals abound... and your chance to practice your expertise in Chinese-style bargaining as you stock up on gifts for the holidays. We'll return to the hotel for dinner and a much-

needed rest, laden with treasures - and most likely a new (and very inexpensive) piece of luggage to carry what you purchased!

**9/30 Sunday** - Early morning Qigong training on the hotel grounds, and our final, big buffet breakfast at the hotel will help send off as we head to the Beijing International Airport, departing around 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: \$ 3,995 US per person**  
(departing from San Francisco International Airport)

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

**Please note:** Your payment includes all food, ground transportation, lodging, training and treatments as outlined in the above itinerary - as well as airfare to China from San Francisco and back - we can help you get good rates on connecting flights from your home city in most cases. You are responsible for any personal incidental and gift purchases of course, as well as laundry services and telephone calls incurred while in China. You are also responsible for any private treatments that you request from the Masters. The trip price is based on double occupancy, but if you would like to have a private room during this journey, the extra overall 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, 2007. 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.

Trip directors Francesco Garri Garripoli and Daisy Lee 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.