

**Kahuna Valley presents:**

**Medical Qigong Study and Treatment Tour to China - Beijing and Tibet**

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

**May 31 - June 14, 2006**

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

5/31 Wednesday - 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 Thursday 6/1 as we pass the International Date Line)

6/1 Thursday - Arrive in Beijing, China in the early evening and get escorted to Master Wan Su Jian's Qigong Institute 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 treatment and foot bath/massage before retiring for the evening.

6/2 Friday - Early morning group Qigong practice. After a multi-course, Chinese breakfast - cooked as all the meals are at the Institute by the live-in Qigong Master Chef... each meal a conscious, healing experience - 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. After a traditional Beijing Duck dinner at a famous Beijing restaurant, there will be a Taoist Prayer Ceremony in the Lao Zi Hall to bring good luck and happiness to all.

6/3 Saturday - We start the day with our personal Qigong treatment and foot massage. After breakfast at the Institute, we will go by Master Wan's private bus to visit the Ling Shan (Small Tibet) Temple and practice Qigong. We'll have lunch at a local restaurant and head back to the Institute for a Qigong lecture by Master Wan followed by Zen meditation training at the Institute's Zen Hall, After dinner at Institute, we will participate in a unique temple training known as the "Taoist Yin Yang Practice" set up in a circle around courtyard's Tai Ji Tablet.

6/4 Sunday - Now rested after a few days at the Institute, will start our journey into Tibet. With a sumptuous breakfast at center, we go to Beijing International Airport and fly to Lhasa at 9:30 am. We will arrival at the Gong Ga county airport

at 3:00 pm after a 5 1/2 hour flight across mainland China. This airport is 100 km (60 miles) from Lhasa city. On the way to Lhasa, we will enjoy the local Tibetan villages, replete with with five color hanging prayer flags. We'll stop to see the famous Nie Dang Buddha statue, the very beautiful "Ya Long Zang Bu River" and Lhasa river during this beautiful 90 minute bus ride. We check in the 3-star Xiang Ba La Hotel, situated in the midst of bustling downtown Lhasa where we will rest and let our bodies and spirit adapt to the plateau environment here at 11,000 foot elevation. We'll enjoy dinner at the hotel and then receive our personal Qigong treatments in our rooms before going to sleep... When does the dreaming stop or start I wonder?

6/5 Monday - We start the day with breakfast at the hotel and then we travel across town to visit the famous Potala Palace, located on top of Red Hill in central of Lhasa City. This was the winter palace for many Dalai Lama's and is now the biggest museum in all of Tibet. The palace was established 1300 years ago during the 7th Century and has two section known as the Red Palace and the White Palace. We head back to the hotel for lunch and after a little rest there, we will go visit the Jokang Temple and Bakor Street (known as "Eight Corners" street which is near the temple). After dinner, we receive our Qigong treatments in our rooms.

6/6 Tuesday - Early morning Qigong training and then breakfast at hotel. Today we visit the "Zhe Beng Monastery" which is located at west area of Lhasa city. It is the biggest monastery in the world and was established in 1416. It is the first and most important temple in the Gelug Buddhist sect (Yellow Cap sect). At one time, there were more than 10,000 monks living and training at here. After lunch, we visit "Ser La Monastery", which also belongs to the Yellow Cap sect. During our visit here we will enjoy some unique Tibetan Buddhist activities such as "Buddhist text debate" by the monks who live there. Next we will visit Dalai Lama's beautiful summer palace called "Luo Bu Lin Ka Garden". We return to the hotel for dinner and our personal Qigong treatment.

6/7 Wednesday - Today after breakfast we leave Lhasa to visit Jiang Zi town and then we step back in time to the traditional Tibetan city of Shi Ga Ze. On the way to Jiang Zi we will enjoy "Yamdok Lake" which is one of three holy lakes in Tibet (a lake so holy that Tibetans would not so much as put their toe in its water!) On this journey, we will go through the "Ka Rou La Glacier and the famous Karoula mountain pass which is more than 4000 meters high (13,123 foot elevation), and then we will drive through other, even higher mountain pass at 4800 meters high (15,748 foot elevation) which is named "Gang Ba La". After experiencing this amazing and mystical mountain energy, we will finally reach Jiang Zi town which was the location of the movie "Red River Valley". Here we will visit the reknown 10,000 Buddha pagoda in in the "Bai Ju Monastery". Our day's journey comes to a close as we enter the capital of Tibet, Shi Ga Ze city, check in the Wu Ze Hotel, have dinner, and then receive our Qigong treatment.

6/8 Thursday - We start the day with early morning Qigong training, have breakfast at hotel, and then visit "Zha Shi Lun Bu" monastery which is one of the four famous Gelug Sect's Buddhist monasteries in Tibet. After lunch at hotel, we head back to Lhasa. On the way, we immerse ourselves in the scenery along "Ya Long Zang Bu River" and the beautiful and fantastic natural vistas of the high plateau. We will check in our previous hotel, "Xiang Ba La", and have dinner there. After a magical day's journey, our Qigong treatment by Master Wan and his students will be most welcome.

6/9 Friday - After breakfast at the hotel, we visit Gan Dan monastery which was established by Master Zong Ka Ba who was the founder of Gelug Sect of Tibetan Buddhism. Here we will practice meditation and contemplation. We have been granted permission to visit the biggest nunnery in Tibet, known as "A Ni Cang Kong" in downtown Lhasa after which we will enjoy free time for exploring and shopping in the unique and amazing shops and vendor stands in Lhasa city. We'll all meet up for dinner and then enjoy our Qigong treatment back at the hotel.

6/10 Saturday - Early morning group Qigong training and then back to the hotel for breakfast. This morning is for free time activities and shopping (I promise you will be enchanted - be prepared to carry back many gifts). After lunch together, we go to Gong Ga Airport by bus and fly back to Beijing at 3:50 pm, reflecting on the unforgettable journey through time and space to a world known as Tibet. We arrive in Beijing at 8:30 pm and then return home to the Institute where we'll have dinner and then enjoy a Qigong treatment.

6/11 Sunday - Early morning Qigong training will be interesting on your system now that we have returned to a much lower elevation (it's wonderful actually with so many more red blood cells!) After breakfast, we receive our Qigong treatment and foot massage, and then there will be Qigong training. After lunch, we take a 20 minute bus ride to the world famous, 4-star, Fragrant Hill Hotel where we'll stay for the night. This hotel designed by architect I.M. Pei is a favorite of mine, located on 3,000 secluded acres of mountainside forest, replete with ancient ruins, temples, a lake and a quaint village. We'll practice Qigong at "Bi Yun" Temple (Green Cloud Temple) and have dinner at a favorite local restaurant in the village. We will experience evening Qigong training at the powerful Taoist 'earth point' of Fragrant Hill.

6/12 Monday - Early morning group Qigong training near the lake at Fragrant Hill and then savor the buffet breakfast at the hotel. The rest of the morning will be for free time, shopping and sightseeing - all within walking distance of the hotel (more good and inexpensive shopping.) We return to Institute for lunch, Qigong treatment and foot massage. There will be a Chinese painting and calligraphy lecture and demonstration in the afternoon, and then we go out on the town and enjoy the famous Peking noodles for dinner (a local favorite) and catch the Beijing Acrobatics performance - a combination of martial arts and high-wire mastery.

6/13 Tuesday - We start the day with Qigong treatment and foot massage, have breakfast at center, and then either visit Tian An Men Square and the Forbidden City (for those who have not been there) or some other sights in Beijing city, After lunch at the Emperor's Restaurant for a traditional imperial meal, there will be a last chance to shop at the Friendship Store and Silk Market. We return to the Institute for the formal Closing Ceremony and send-off party banquet dinner, complete with fireworks, dancing, and entertainment by Master Wan's very talented students.

6/14 Wednesday - Breakfast at the Institute and then the famous and heartfelt Chinese Taoist send-off as we head to the Beijing International Airport, leaving at noon and arriving in San Francisco at 8:23 am... completing the wonderful Beijing/Tibet journey, wondering where dreaming and reality begin and end...

All-inclusive cost: \$ 4,795 US

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:

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 April 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.