

# Itinerary

## Taiji Study:

(Oct 11 to 19, 2018, 9 days)

**Day 1- 2: USA-Beijing Thu-Fri, Oct 11- 12**  
Nonstop flight from San Francisco to Beijing. Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

**Day 3-7: Beidaihe Sat-Wed, Oct 13 - 17**  
Study Taiji Qigong.

**Day 8: Beidaihe Thu, Oct 18**  
We will visit "the Old Dragon Head" -- the beginning of the Great Wall.

**Day 9: Beidaihe-Beijing Fri, Oct 19**  
After breakfast, we will travel by motor coach back to Beijing to join the Post Study Tour. The evening is at your leisure to explore Beijing.

**Study Tour consists of 30 contact hours of instruction and practice.**



For Registration and Information:

(916) 740-3282

[www.Chilelwellness.com](http://www.Chilelwellness.com)

# China Highlight Tour

(Oct 18 to 27, 2018, 10 days)

**Day 1: USA-Beijing Thu Oct 18**  
Nonstop flight from San Francisco to Beijing.

**Day 2: Beijing Fri Oct 19**  
Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

**Day 3: Beijing Sat Oct 20**  
In the morning, we will tour Tian'anmen Square, the largest public square in the world, capable of holding more than one million people. Walk through the Gate of Heavenly Peace to enter the Forbidden City, a 9,999-room compound, where the 24 emperors of the Ming and the Qing Dynasties ruled the Middle Kingdom for nearly 500 years (1420-1911). After lunch, we will tour the Summer Palace, built in classical Chinese style in 1750 as a royal recreational resort.

**Day 4: Beijing Sun Oct 21**  
The highlight today is an excursion to the Great Wall. Enjoy the dramatic vistas and marvel at the Wall as it climbs and descends steep ridges and narrow valleys. The Great Wall stretches an impossible 4000 miles across China's north, covering nine provinces—from the Yellow Sea to the Gobi Desert. Afterwards, we walk the path of the Sacred Way

**Day 5: Beijing-Xian Mon Oct 22**  
In the morning, we will visit the Temple of Heaven. This remarkable building is considered the supreme achievement of traditional Chinese architecture. Built without a single nail, this 120-foot-high structure is fixed by four inner pillars represent the seasons, and two sets of 12 columns denote the months and the traditional Chinese division of a day. After lunch, we will take an afternoon flight to Xian.

**Day 6: Xian - Hangzhou Tue Oct 23**  
We will visit the site of one of the century's greatest archeological discoveries - the Terra Cotta Soldiers. Marvel at the legion of TERRACOTTA WARRIORS that has been guarding the burial site of China's first emperor, Qin Shi Huangdi, for 2,000 years. We will fly to Hangzhou in the afternoon.

**Day 7: Hangzhou-Suzhou Wed Oct 24**  
An old Chinese saying states, "In heaven above there is Paradise, on earth there is Suzhou and Hangzhou". We will tour the 1,700-year-old Lingyin Temple, one of China's most famous monasteries. After lunch, we will take a cruise on the picturesque West Lake, which is said to be created from a pearl dropped by a phoenix and a dragon. No tour to Hangzhou is complete without going to the world renowned Dragon Well Tea Plantation, where the legendary Longjing green tea is picked and processed by hand. You will learn about the harvesting, as well as the proper way to brew this healthful beverage. After dinner, we will travel by motor coach to Suzhou.

**Day 8: Suzhou-Shanghai Thu Oct 25**  
In China, Suzhou is often referred as the "Venice of the East". It is a 2,500-year-old city famous for its traditional gardens, ancient canals and silk production. We will visit the Humble Administrator's Garden and tour the Silk Spinning Mill, where you will learn how silk is created from the mulberry-munching silkworms to produce thread and fine cloth. After lunch, we will visit Tiger Hill and take a cruise on the Grand Canal and see local people's life along the river. After dinner, we will travel to Shanghai.

**Day 9: Shanghai Fri Oct 26**  
Shanghai is China's dynamic financial and artistic center. In the morning, we will take a walk along the Bund, the city's riverfront boulevard that is lined with historic buildings, banks, and trade houses and visit the Shanghai Museum. After lunch, it is free afternoon to shop at the Old Shanghai bazaar or to explore this vibrant city on your own.

**Day 10: Journey Home Sat Oct 27**  
After breakfast, we will travel to airport and fly back home. End of Highlight Tour.

## Extension Tour

### 4 Days, Huangshan

**\$895.00\***

Double Occupancy ♦ \$350 for Single Supplement

#### Day 1: Shanghai-Huangshan Sat Oct 27

After breakfast, we will fly to Huangshan. We will visit Anhui Province's famous **Hong Village**, which was built in 1131. Laid out in the shape of an ox, Hong Village is considered by many to be the most beautiful village in China and has been called "the village of Chinese paintings" because of its off-painted scenery. For its beauty and history, it has been recognized as a UNESCO World Heritage Site.

#### Day 2-3: Mt. Huangshan Sun-Mon Oct 28-29

After breakfast, we will head to Mt. Huangshan. Mt. Huangshan is the only mountain listed among the China's Top Ten Scenic Spots rose above the earth surface as a result of movement of the earth's crust over a hundred million years ago. Mt. Huangshan is known for its four wonders: oddly-shaped pine trees, spectacular rocks, "sea of clouds" and hot springs. We will tour the scenic area that includes Writing Brush Peak, Lion Peak, Refreshing Terrace, Begin-to-Believe Peak, Bright Peak, Flying Rock and Cloud-dispelling Pavilion. The Cloud-dispelling Pavilion is the best place for admiring the unique rocks, hence a nickname "Unique Rock Exhibition Hall". If weather permits, we will get up early in the morning to watch the sunrise.

#### Day 4: Mt. Huangshan-Shanghai Tue Oct 30

After breakfast, we will take the cable car down and take the high speed train back to Shanghai in the afternoon.

#### Day 5: Shanghai-Home Wed Oct 31

After breakfast, we will travel to airport and fly back home.

## Tour amenities include:

- ♦ 5-star or 4-Star hotel lodging
- ♦ All taxes throughout the trip
- ♦ Three full meals daily (breakfast and lunch only on Free day)
- ♦ Ground transportation within China and guided tours
- ♦ English-speaking tour guides
- ♦ Full instructional fees for Study Tour
- ♦ Escorted by Eva Lew, M.D. & Frank Chan Laoshi

**Not included in Fee:** International and Domestic Airfare, *Visa (entrance permit) for China, tips for tour guides and drivers, all personal expenses such as excess baggage, travel/medical insurance, passport, laundry, telephone, internet, etc.*

### Payment Schedule

A Deposit of \$500 per person is due with registration. **The tour price cannot be guaranteed until we receive the deposit.** Registration deadline and final balance of fee due date is August 15, 2018. In order to keep the tour fee affordable, we do not accept credit cards.

### Refund Policy

Deposits are refundable (less a \$50 administrative fee) if requested by August 15, 2018. Cancellation between August 16 and September 15, 2018, 50% of the trip fees are not refundable. Cancellation between September 16 and October 3, 2018, 75% of the trip fees are not refundable. There is no refund for cancellation within 14 days prior to departure, no-show, or early return. In the unlikely event of tours cancellation by Chilel™ Qigong, deposit & fee balance will be fully refunded. Please visit our website for terms and conditions. Air tickets are nonrefundable.

**For Details, please visit our Website.**

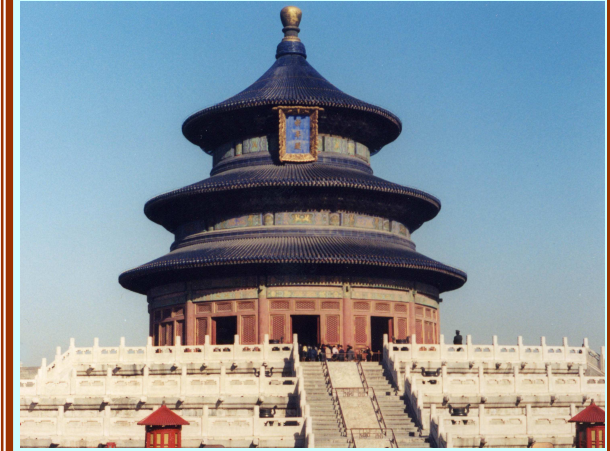
**Recoup a Tax deduction and Save:** Many educational expenses are tax deductible. Please consult your tax advisor.

**For Registration and Information**

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# China 2018



## Highlight Tour

Oct 18 to 27, 10 days

**\$1,595\***

Double Occupancy ♦ \$500 for Single Supplement



## Study & Highlight Tour

Oct 11 - 27, 17 days

**\$2,850\***

Double Occupancy ♦ \$800 for Single Supplement

\*Plus International Airfares (Appr \$1,000.00) and Beijing-Xian-Hangzhou airfares (appr \$400.00)