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DAYANGONG TRAINING TOUR 2013

Wednesday 12th June to Friday 28th June 2013

Itinerary - slight changes may occur

12th June Depart Sydney Wednesday 10.20am flying Air China to Beijing arrive 11.30pm

13th to 15th June. We will have time to rest and acclimatise before explore new interesting areas of this ancient city. We will visit the Xiyuan Hospital, practise Guigen Qigong and meditation with Dr Xu at the Qigong Dept. Also visit Traditional Chinese Painting Master Cheng's studio. On Saturday evening the 15th of June we catch the overnight sleeper train to Wuhan.

16th to 25th June - Arrive in Wuhan Sunday morning, check into Xunlimen Hotel. Meet Master and Madam Chen, commence training in 1st and 2nd 64 t Dayangong. There will be two Qigong sessions in the morning and one in the afternoon for the first four days. Then we will all take a trip to An Lu the home town of Madam Chen, it's about a four hour drive out into the country side from Wuhan. We will spend one night and be entertained by other members of the Dayan family. Then back to Wuhan for another four days of Qigong training. On the evening of Tuesday 25th we catch the evening train back to Beijing.

26th June Arrive in Beijing in the morning check into Peony hotel. Rest and free time,

27th June Free time, check out of hotel by 12 noon and catch 5pm direct flight to Sydney.

28th June Arrive Sydney Friday 8am

Travel costs for return airfare from Sydney to Beijing, China flying Air China is \$930 visa fee \$98.50 All costs for China section are \$3300, including all transfers, travel, accommodation (twin-share in good three star hotel, single room supplement extra \$700 total) three meals a day, tickets to attractions, lectures, Qigong training etc. Total tour costs *\$4328.50



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