

The International Qigong Foundation, Inc.
Dancing Dreamers Retreat Center
999 Mud Creek Road, Eureka, MT 59917 USA
www.medicalqigongschool.com

Medical Qigong and Taijiquan in the Heart of China
June 13 – July 4, 2010

Trip Itinerary:

This year **The International Qigong Foundation, Inc.** will sponsor our 14th annual **China Study Tour for Medical Qigong and Taijiquan**. It will begin with the arrival into Beijing on **Saturday, June 12, 2010**. We will be picked up in Beijing and taken north to the **Hebei Medical Qigong School and Hospital** where we will stay for the duration of our training. This is a 21-day retreat in medical qigong and tai chi. Monday through Friday we will train 4 hours a day intermittently in Neiyang Gong Qigong with Dr. Liu Yafei and Ms. Zhou Li, and Internal Qigong and Medical Massage with Dr. Liu Yafei. In addition to our study tour, you will also have the option to study Taijiquan and to receive Medical Qigong treatments with Dr. Feng Yijian as well as acupuncture with Dr. Xiao Yuande. If you are interested in these options, please let us know.

When we are not in class, group participants will have time to explore the local area for shopping, biking and swimming. A special trip will be arranged to Lotus Hills to visit Kuan Yin temple and the local Traditional Chinese Medicine pharmacy and a Traditional Tea House. On Sundays we will take excursions to the Great Wall, Longevity Mountain, and to the First Pass Under Heaven.

All group participants will receive a certificate from Hebei Medical Qigong School and Hospital and The International Qigong Foundation, Inc., stating the number of hours that they have trained and what they have trained in. Hebei Medical Qigong School and Hospital is the only approved Medical Qigong Training Base in China. Our departure date from the school to Beijing is **Sunday, July 4, 2010**. You will have direct transportation to the airport.

Daily Itinerary:

Sunday, June 13, 2010:

Arrive Beijing Capital Airport – Group participants will be arriving from different places throughout the world. The school will pick us up at 12:00 p.m. **If you cannot arrive by 12:00 p.m., it is recommended that you make prior arrangements to fly into Beijing on June 12, 2010.** Special arrangements can be made by The International Qigong Foundation, Inc. for airport pickup and accommodations in Beijing. After the last participant arrives we will travel north by van or bus designated for our group. It is a

four-hour drive to the school. Depending upon our arrival time we will settle in for the evening and prepare to begin training the next day.

Monday, June 14, 2010:

Welcoming ceremony! The staff of Hebei Medical Qigong School and Hospital will welcome us and give a performance.

The schedule during the weekdays beginning **Monday, June 4** through **Friday, June 22** will be the same:

Optional Taijiquan Instruction: 7:00 am – 8:00 am.

Breakfast in the dining hall at 8:15 am.

Neiyang Gong Qigong instruction 9:00 am - 11:00 am.

Lunch in the dining hall at 12:00 pm.

The afternoon from 1:00 -3:00 pm is “your” time. You may rest, take a leisurely walk to the beach, or bike around the local area. On Monday, Tuesday, Thursday and Friday our schedule will be:

We will begin the **medical qigong lecture, internal qigong practice and self-massage techniques at 3:00 until 5:00 pm** with Dr. Liu Yafei and Dr. Xiao Yuande.

Wednesday afternoons will be “open” as we will not have a formal class. There will be a practice and review group that is optional. Again, you may use this time to rest, practice or see the local sites.

Wednesday, June 16, 2010

Hebei Medical Qigong School and Hospital Tour: After lunch we will tour and explore the grounds of the original school and hospital. We will learn about the history and Dr. Liu Guizhen, the founder of the hospital and its use of Neiyang Gong as a medical qigong, and Mr. Li Jingwu, the founder of the Taijiquan and medical massage programs.

Saturday, June 19, 2010

Beidaihe Community and Lotus Hills Tour: After breakfast we will explore the community of Beidaihe from the sea to the pearl market! In the town of Beidaihe there are wonderful shops including a great Traditional Chinese Medicine Pharmacy! After lunch we will go to Lotus Hills to visit Kuan Yin Temple and meander through the hills to beautiful scenic sights. Both a morning and afternoon practice will be offered as optional.

Sunday, June 20, 2010

Lao Long Tou, Old Dragon Head Tour: After breakfast we will travel to Shan Hai Guan where the head of The Great Wall meets the sea. Walk out on the Old Dragon Head and along the beach to Hai Shen Miao, The God of the Sea Temple, known for its divine power. We will take our lunch at the Great Wall and then we will go to Tian Xia Di Yi

Guan, First Pass Under Heaven. After our day of exploration, we will have dinner in Qinhuangdao at the famous “hotpot” restaurant. Early morning practice will be offered as optional.

Saturday, June 26, 2010

Cha Ren Zhi Jia, Traditional Tea House and Antique Shops: After breakfast we will travel to Qinhuangdao where we will experience a “traditional” Chinese tea ceremony and learn about the history of tea in China. We will then explore the antique shops as well as “modern” shopping in Qinhuangdao. We will take lunch at the famous “jiao zi” Chinese dumpling restaurant. Morning practice will be offered as optional.

Sunday, June 27, 2010

Wan Shou Shan, Longevity Mountain, Jiao Shan, Horn of the Great Dragon, Yan Sai Hu Lake Tour: After breakfast we will travel to Longevity Mountain, known for its healing medicinal herbs by the ancient sages, and explore the “horn” of the Great Dragon, the next part of The Great Wall. We take our lunch in ancient cave and continue our journey to Yan Sai Hu Lake to an ancient temple. We will dinner in Qinhuangdao at the famous Peking Duck Restaurant. Morning practice will be offered as optional.

Friday, July 2, 2010

Graduation!!!! We will have our morning schedule and then take an “exam” after lunch. In the afternoon we will have our graduation ceremony and received our certificates from Hebei Medical Qigong Hospital and School documenting our training and hours.

Saturday, July 3 and Sunday July 4, 2010

Saturday will be a free day to do last minute shopping and packing. We will have dinner and a wonderful evening in Olympic Park. Sunday we will leave according to airline schedules for Beijing!

Costs:

The International Qigong Foundation, Inc. has received a grant this year that will be allowing us to offer a discounted program.

10% for early signup by January 15, 2010

15% for people who have attended either a China or Montana study tour

20% for people who have attended more than one study tour

And for each person that signs up because you have told them about it, if they mention your name, you will receive a \$100 credit towards tuition – we are doing all we can to help those who would like to participate!

The cost of the **21-day China Study Tour for Medical Qigong and Taijiquan is \$2799 (regular cost)**. This includes all ground transportation beginning in Beijing China, shared accommodations, 3 meals a day at the school or outings which include dinner, 60 hours of instruction, and all excursions. The daily rate of this study tour is \$133.00 per day. The additional cost of a private room is \$415. Other additional costs are a Chinese Visa, \$120, treatment: qigong massage or acupuncture for \$30 per session, massage and acupuncture combined for \$45 per session, taijiquan training, and Chinese language tutoring is available for \$15 per hour. These additional costs are not covered in the discounted program!

A required deposit of \$500 is due by January 15, 2010 to reserve your space on this study tour. Once this is received you will receive more information about traveling in China, what to bring, the study tour itself, passports and visas. **The final payment is due March 15, 2010.** Payments are accepted by check from a US bank and by credit card through PayPal. If you are paying from outside of the US please contact us and we will give wiring instructions or you may use your credit card.

Beijing, China Tour (Optional)

June 7 to June 12, 2010

In addition to the China Study Tour for Medical Qigong and Taijiquan, we will be offering additional days in Beijing and the surrounding to visit the cultural sites. For those wanting to do this additional part of the tour you would need to make arrangements with The International Qigong Foundation, Inc. Some of the areas we would be visiting would be Summer Palace, Forbidden City, Tiamen Square, White Cloud Temple, and of course Purple Bamboo Park. We will also attend a dinner theatre experiencing Beijing Kungu Opera in a 500 year old grainery. There will be an additional charge for the Beijing portion of this trip of \$699. This will include all ground transportation, lodging, meals, and sightseeing activities. The program does not qualify for the discounted program.

For more information and prices please contact The International Qigong Foundation, Inc. For more information about the school and its instructors please visit <http://www.medicalqigongschool.com>. You may contact Karen Nesbitt, M.A. at (USA) 1-808-756-1510 or email at info@dancingdreamers.com