



Travel and healing retreat in Yunnan of China

6-26 June 2025 (21 days):

Lijiang丽江- Shangri-La香格里拉- Dali大理

Or 6~16 June (11 days):

Lijiang丽江- Shangri-La香格里拉

A journey into nature and ancient culture.

A journey to harmonizing life information.

A journey to achieve peace and good health.

A journey to receive pure energy.



Travel and healing retreat in Yunnan of China

Colorful clouds, deep blue sky, pure lakes, snowcapped mountains, green grassland with grazing sheep. Old town, temples, ethnic dancing and singing, traditional customs and local food will all transport you into a world of fantasy



Lijiang old town



Shangri-La (paradise)





Contents of the healing course:

**The theory of Zhineng qigong medicine;
Change the pattern of thinking and living that lead to disease, and replace it with pattern
for health and life.**

Change information, and energy, and transform your body and your life.

Learn and practice healing methods.

3 days fasting and meditation to purify the body.

3 days of silent meditation for purify consciousness.

Teacher Wei will offer healing guidance for each participant:

Receive healing from Chinese teachers.

Group qi field healing- dissolve tumors and blockages

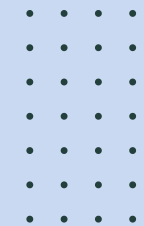
Shangri-la - Moon Ancient Town



Dali ancient town

Shangri-la

Shangri-la town sits at 3280 meters, and it is near the border with Tibet; its inhabitants are mostly Tibetan. In the novel "Lost Horizons" (1933) James Hilton depicted Shangri-la as a peaceful land of other-worldly beauty, with its snowy peaks, canyons, mysterious temples, quiet lakes surrounded by forest, and vast grasslands with cattle and sheep.



Schedule:

- **6 June, teachers will pick up you from LiJiang Sanyi International Airport (LJG), and bring you to the Hotel. We will spend 5 days in Lijiang, practice and tour interesting sites.**
- **11 June, We will take bus from Lijiang to Shangri-la (about 3 hours), travel and practice there until June 16.**
- **16 June, We will take bus from Shangri-la to Dali (about 5 hours), and send those who just stay 11 days to Lijiang or Dali, you can fly away from Lijiang or Dali airport on 17 June.**
- **16~25 June, travel and practice in Dali. Dali is a charming town which fifteen different ethnic groups It is the best preserved of the four famous ancient towns in China.**
- **26 June, From Dali Airport(DLU) or LiJiang Sanyi International Airport (LJG), fly back to your country. We will take you to the airport.**



How to get here:

Find the most suitable flights to LiJiang Sanyi International Airport (LJG). After you arrive at the LiJiang Sanyi International Airport (LJG) , we will arrange for a teacher to pick you up and take you to the hotel. Once you have booked your airline ticket, please send us your flight information as soon as you are able.

Notice:

Please do not plan to travel if you are suffering from the following conditions:

- 1) Contagious diseases;**
- 2) Mental health conditions that require monitoring;**
- 3) Critical illnesses.**

During the time of this journey, the temperature of Shangri-la is about 10~25 degrees Celsius, Please bring some warm clothes. Because Shangri-La has a higher altitude, please remember to bring sunscreen



Teachers: teacher Wei and Tao

Fee:

The total price for 21 days is 17200 RMB, (includes tuition, food, room, transport, and tickets to different tourist attractions).

The total price for 11 days is 9900 RMB, (includes tuition, food, room, transport, and tickets to different tourist attractions. (Note: You can choose to participate in the 11-day or all 21-day retreat depending on your vacation. If you choose to participate in the 11-day retreat in Lijiang and Shangri-La, please arrive in Lijiang on or before June 6 and leave in Lijiang or Dali on June 17.)

For a single room in Lijiang and Shangri-La, there is an additional fee of 150 RMB per day.

For a single room in Dali, there is an additional fee of 120 RMB per day.

To register, please transfer 200 euro or 200 USD to our bank account. The rest of the fee is payable in China. You can pay in RMB or your country's currency depending on the exchange rate at that time. (If you do not want to carry cash on the trip, you can remit the full cost to us, and we will tell you the amount you need to pay in USD or EUR according to the current exchange rate)



Payment:

Option 1. "Wise" (Online Money Transfers)

Option 2. Paypal: taoqingyu@139.com or 921088170@qq.com

Bank account:

BANKNAME: BANK OF CHINA, NANCHANG CITY, BEIJING EAST ROAD SUB-BRANCH

BANK ADDRESS: NO.308 BEIJING EAST ROAD NANCHANG, JIANGXI PROVINCE, CHINA

SWIFT CODE: BKCHCNBJ550

PAYEE: TAO QING YU

ACCOUNT NUMBER (IBAN): 6217906500016410068

Home address: 148# Shanghai north road, Nanchang city, Jiangxi province



CONTACT US

Contact: Teacher Tao Qingyu

Email

taoqingyu@139.com

Website

www.daohearts.com

Location

China

