

Ancient Chinese Wisdom & Health Retreat

Route Summary

As we all know, taking care of our bodies is essential; and caring for our mental well-being is even more important in a modern world of trials, temptations and stress. However, many of us ignore looking after our hearts and minds. As a matter of fact, the long lineages of Traditional Kung Fu masters were aware of the importance of both body and mind, that is why they brought up the philosophy of "Chan Wu" which means "Kung Fu & Zen".

Price:1 Person:\$859

Destination:

Duration: 7 Days

Tour Type:

Day 1

beijing

Arrival, Meet and Greet at a tea ceremony

Welcome dinner

Orientation and introduction to the program

Pre-meditation: Settle down body, breathing and mind

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 2

Consciously guided breathing 1

Shaolin Internal cultivation & Stance 1

Classics -The Teaching of Great Learning (DaXue)

Internal cultivation Calligraphy 1 Stretching & basic step work1

Vipassana meditation

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 3

Consciously guided breathing 2

Shaolin Internal cultivation & Stance 2

Classics – How to cultivate Middle Qi, The Teaching of Doctrine of the Mean (ZhongYong)

Internal cultivation Calligraphy2

Stretching & basic step work 2

Vipassana Meditation & wholesome living

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 4

Guided breathing & Internal cultivation 1

Step work with body movements 1

Classics–The three treasures of a Wholesome Life Teaching of LaoZi

Great wall Kung Fu Training

MoZhao Zen meditation & staying calm with noise

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 5

Integration of breathing & Internal cultivation 2

Step work with body movements 2

Classics –The way of health preserving,Teaching of ZhuangZi

Internal cultivation Calligraphy3

Applications in actual combat 1

Koan Zen meditation Koan mind

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 6

Integration of breathing and Internal cultivation within stance1

How to generate internal strength

Classics – Relation between Body, mind and world - Teaching of

Heart Sutra

Internal cultivation Calligraphy4

Applications in actual combat 2

Summary for meditation

Meals:Breakfast,Lunch,Dinner

Accommodation:

Day 7

Integration of breathing and Internal cultivation within stance2

Summary on Confucianism, Taoism and Buddhism

Farewell--Tea party, talks of the concept of healthy way of life

Everyone summary and sharing experience,

Take pictures together.

Lunch

Prepare for trip and send off

Meals:Breakfast,Lunch,Dinner

Accommodation: