



LINDEN CENTRE

**“Go Beyond the Clouds – A Healing Journey to China”
At the Linden Centre in Yunnan with TCCII
April 16th – April 28th, 2010**

"The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind." -*Paracelsus*

"Heaven and Man United as One" – *Lao Zi*

Nature - seemingly so distant while looking over the wintry northern skyline - is far too often a forgotten memory as the months and years pass while living in an urban environment. Blue skies are as rare as traffic-less streets, and quality down time is non-existent for many of us. Ailments arise, often accompanied by sluggishness and depression. We all need a break from the city and gray skies that are such a part of our lives for so much of the year. Welcome to the Linden Centre's Healing Retreat in sunny and warm Yunnan Province. This is just what Paracelsus and Lao Zi ordered.

This therapeutic escape will take you to an isolated paradise nestled in the southeast vestiges of the Himalayas. In a small, historic village inhabited by the Bai ethnic group, a self-contained villa has been restored to its dynastic elegance for guests who are interested in escaping the complexities of city life.

The focus of this stay will be on the healing traditions of China. Guests will wake up with Tai Chi and Qigong exercises, go to sleep with a deeply relaxing meditation session, and receive daily helpings of Chinese massage and acupuncture. Lectures and learning will happen while you are sipping therapeutic teas and savoring the healthy ethnic cooking.

Trips to traditional Chinese medical clinics, tea plantations and centuries' old functioning temples will complement the lectures. And, best of all, all guests will be accompanied by two TCCII teachers, Shawn Cartwright and Yinong Chong, both long-time students and teachers of Tai Chi, Qigong and Chinese healing arts. Guests will receive a Qigong certificate from TCCII upon successful completion of the tour.

The Linden Centre, developed by Americans and longtime China residents Brian and Jeanee Linden, will be the base for this program. It is the perfect location to lose oneself in timeless villages nestled among fertile fields of vegetables, teas and fruit. The Centre is an expansive courtyard home (a protected cultural relic at the same level as the Great Wall) and is considered one of the most pristine examples of grand pre-revolutionary architecture in

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Southwest China. The Lindens worked four years to gain access to this complex, and have converted it into an upscale retreat for learning and travel. The Centre has fourteen finely appointed guestrooms with 21st century private bathrooms, two restaurants, large kitchen, a bar/café, fitness room, meditation and yoga room, library with extensive collection of English language resources, two common rooms and four outdoor courtyards filled with gardens, seating, and priceless antiques (by the way, the whole complex offers free high speed wireless access, just in case).

Paracelsus also said that man is ill because he is never still. The Taoist say from stillness derives the 10,000 things. Come be still with us, and come back healthier, happier and wiser. Your journey to healing can begin now.

PROPOSED ITINERARY April 16th – 28th, 2010

April 16: Arrive in Beijing from the US. We will arrive at the airport to pick-up and greet our guests. After the long flight we will relax the remainder of the day. We will check you into your hotel rooms, provide foot bath and massages for those interested, and have an introductory dinner together before retiring.

April 17: Get a healthy start to your day with a Qigong session before breakfast. Today and every day on the trip, schedule permitting, you will enjoy this Qigong treat. Tour of Tiananmen Square, Forbidden City and Hu Tongs. Briefly introduce the most influential thinkers (Lao-tze, Confucius and Buddhism), and their impact on the society, relationships and everyday life. Lecture conducted while touring with the group, using Forbidden City and courtyards as architectural examples of how Chinese emphasized harmony between people and nature. We will end our day with a relaxing and healing Qigong meditation. This will continue throughout the trip, schedule permitting.

April 18: Tour of the Great Wall -Mu Tian Yu Section – Lecture: brief introduction of Chinese history. Focus will be on how the Chinese approach to integrated living helped preserve the civilization even as one invading army after another changed who sat on the jade imperial throne, and how eventually all these different ethnic intruders became integrated into the central kingdom.

April 19: Fly to Kunming from Beijing. We will visit the Yunnan Medical and Traditional Hospital, one of the oldest and most venerated Chinese Medicine Hospitals. Originating in China more than 2000 years ago, acupuncture began with the discovery that stimulating areas of the skin with fine needle points can adjust and regulate functioning of the body. Here we can see up close and personal how Chinese acupuncture is used for different conditions.



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For those who would like an acupuncture or massage treatment, you may request a session (approximately 45 min to 1 hour is included.) Discussion and learning will be focused on why acupuncture is so widely used as the most important treatment of disease and illness in TCM. We will also visit the adjoining Chinese medicine pharmacy after having a 'reading' from the Chinese doctor and a prescription written especially for you. After dinner, we have the chance to visit a children's school for martial arts to watch them do their routines.

April 20: After breakfast, a private bus will take us from our hotel for the 4.5 hour ride through the mountains and Yi tribal areas to the Dali Valley and the Linden Centre. While enjoying the view, we will light up the inner landscape of our bodies with a Qigong meditation. After settling into their rooms, and lunch, guests will be taken on a short walking tour of Xizhou village, including a stop at the temple that formerly housed the Yale-in-China university during WWII, and at a local ancestry hall that was the regional base for the Flying Tigers. Guests will also drop in on some local farming families and be guided through the fields and introduced to the myriad of vegetables indigenous to fertile Yunnan. Light Qigong session in late PM is offered to dust off the travel fatigue. Massages can be arranged upon request in early evening. A one hour massage is optional and complimentary. Those who wish to schedule additional sessions during the remainder of the trip may do so at a nominal charge.

April 21: Guests can wake up early and participate in Tai Chi and Qigong in the courtyard. After Tai Chi, a breakfast buffet will be served each morning in the larger dining room. After breakfast, guests will accompany the chefs to the local outdoor market where we will introduce the various local and specialty foods. This is the opportunity to learn how Chinese view all foods have their own energy properties, and how they can be used for energy tuning at different time of the year, and for different body constitutions. With that new insight, you can help select foods for the evening dinner. A late afternoon horse cart ride will take us to a series of timeless temples for unforgettable interaction with local village elders. Dinner will consist of the foods the guests picked out earlier at the market. It will be followed by traditional Bai music in the courtyards. We will end our day with a relaxing meditation session in the meditation room.

April 22: Today we will visit the old village of Zhoucheng to see a local home where the family all works together to make cotton tied indigo products by hand. The craftsmen believe that the indigo leaf, which produces the deep blues used in their textiles, is therapeutic and all guests will be encouraged to try some tea made from its leaves.

After lunch, we will travel to the old walled city of Dali, where we will visit a tea plantation to trace the growing and harvesting process and taste the diverse varieties of teas, especially green and black tea. We will have our afternoon lecture in the teahouse with a view of the



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Tang Dynasty Three Pagodas, Dali's most iconic landmark. We will learn about the therapeutic properties of tea and how tea drinking is as meditation itself. Our dinner will be taken in a vegetarian restaurant accompanied by historical and nutritional introductions to each unique dish. The chefs will also give a demonstration on how to cook one of their signature dishes. Learning of day will focus on food and drinks as energy toners.

April 23: This is the day for you to get all your questions answered from a TCM doctor. You will get your consultation and pulse reading by the Doctor, a prescription of healthy food and herbs for your type, and basic life nourishing principles for you to practice from now on. Today we will also make our own herbal teas, label and bag them for consumption at home in the U.S.

April 24: Visit to Weibao Mountain to the temples and monasteries. Weibao Mountain is one of China's most revered Taoist Mountains yet hardly any foreigners ever have the chance to visit this sacred place. Located about 1.5 hours from Xizhou, we will take a private bus and have a chance to visit the quiet mountain. We will visit a still functioning temple and visit with the Taoist monks. At the temple, you will be treated to our closing lecture on "Heaven and Man United as One". Taoist believed that people were microcosms of the heavens. If you learned to live in harmony with the cycles of nature and heaven, then you could enjoy a long, happy, healthy life. The approach to the mountain is moderately strenuous; we will walk up a steep, yet wide flight of stone steps to get to the paved mountain paths. Depending on your level of activity, it will take about 15-30 minutes.

April 25: Today we will drive to Lijiang, 2.5-3 hours north of Xizhou. We will be able to visit the famous old town where clear water streams rush through cobblestoned paved streets. Within the old town, we will visit the beautiful Black Dragon Pool Park where they have restored some old Ming Dynasty temples. We will see the Museum of Dongba Culture which is dedicated to preserving the ancient hieroglyphic script from 1000 years ago. There are less than eight Dongba priests left in the world who can read and write the ancient scriptures.

April 26: Our visit today will take us to the nearby village of Baisha, a picturesque old town with the Jade Snow Mountain as the backdrop. Baisha is famous for its temple housing large and beautiful Ming Dynasty murals. Baisha is also known for the gregarious Doctor Ho who has been running a clinic and herb garden for years. Featured in BBC, Lonely Planet, and Time magazine, Ho never tires of meeting travelers. Ho learned English in the 1940's from Joseph Rock, the intrepid botanist who wrote about Lijiang in his writings to National Geographic. Ho is a practitioner of Chinese herbal medicine and will send you away with teas and herbs as you wish.



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April 27: Today we will drive home to Xizhou and the Linden Centre for our final night. We return to the Centre in time for lunch. This will be our last day together and today's learning and exercises will focus on how to collect the abundant Qi nature has to offer – from the mountains, rivers, trees and stars, we can nourish our body and spirit based on the Five Element principles.

In the evening, we will teach you basics of Chinese calligraphy which is a form of meditation and relaxation in addition to being a highly cultured activity. You will be given brushes, paper and inkpads so you can also practice this ancient art at home if you so desire.

April 28: On this day, our program ends. After breakfast, guests will be driven to the Dali airport in time for your connecting flight through Kunming to Los Angeles.

Summary

What— 13 day healing escape in Yunnan, China, including TCM services and Qigong certificate from TCCII.

When— April 16th – April 28th, 2010

Cost—\$4850 (*\$150 discount if registration is received before Jan. 5th, 2010) Includes round-trip, international airfare to Kunming from LAX, domestic travel on itinerary, all accommodations, most meals unless specified, and all activities and cultural services. The Centre hosts 14 double occupancy rooms. Single supplement is an extra \$500. Price excluding international airfare is \$900 less the total program price. Medical travel insurance is provided in the price via AIG TravelGuard when booking airfare with Linden Centre.

Not included: Airfare to and from Los Angeles is not included. See www.travisa.com or www.chineseconsulate.org for visa information. Guests are also responsible for their own Chinese visa, costs related to alcohol, beverages not included in regular meals, laundry, personal items, souvenirs, tips, and long distance telephone calls. Trip interruption and cancellation insurance is not included in price. For this insurance, refer to tour contract.

Many of your questions about visa instructions and travel insurance can be answered at www.linden-centre.com/faqs/faqs.php Please refer to this document first, contact us with any further questions.

The Lindens have been living in China since 1984. Their twenty-plus years of contacts will ensure that all participants see and experience aspects of China unknown to other visitors.



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They have dedicated their careers to fostering cultural communication and education between China and the U.S. For most of their previous guests, the experiences throughout these regions of China have been among the most memorable in their lives. Come and enjoy an indigenous travel experience to one of the world's most storied cultures.

Dr. Yinong Chong and Mr. Shawn Cartwright, both founders of the Traditional Chinese Culture Institute International, are lineage trained, certified Qigong, Tai Chi and Internal Kung Fu instructors with decades of experience. They specialize in teaching the authentic Chinese internal arts in a way that is relevant for a western audience. From beginner to instructor level, they can help you reach your highest potential. Find out more at www.tccii.com.

How to reserve space for the tour: [Click here](#) to download and print a reservation and tour contract form.

The Linden Centre Tour Itinerary 2009 - 2010

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