

Trip Extension

5 Days, Xi'an and Guilin

\$895.00

Double Occupancy ♦ \$200 for Single Supplement

Day 1: Shanghai-Xi'an Sun Nov 14

After breakfast, we will fly to Xi'an. Enjoy an afternoon city tour to the Ancient City Wall and the Big Wild Goose Pagoda, which was built in 652 during the Tang Dynasty.

Day 2: Xi'an-Guilin Mon Nov 15

We will visit the Terra Cotta Soldiers in the morning. After lunch, we will tour the Huaqing Hot Spring. Depart Xian and fly to Guilin in late afternoon.

Day 3: Guilin Tus Nov 16

We will spend a day in Guilin, visit the Reed Flute Cave, Solitary Beauty Peak and Elephant Trunk Hill.

Day 4: Yangshuo Wed Nov 17

The highline of today is a leisurely 4-hour cruise down the Li River and a special bamboo raft ride.

Day 5: USA Thru Nov 18

We will fly home after breakfast.

Amenities include:

- ♦ Round trip air travel from San Francisco to China
- ♦ All domestic flights within China
- ♦ All taxes throughout the trip
- ♦ 5-star or 4-Star hotel lodging
- ♦ Three full meals daily (breakfast and lunch only on Free day)
- ♦ Ground transportation within China and guided tours
- ♦ English-speaking tour guides
- ♦ Full instructional fees for Study Tour

Not included in Fee: Visa (entrance permit) for China, tips, all personal expenses such as excess baggage, travel/ medical insurance, passport, laundry, telephone, internet, etc.

Payment Schedule

A Deposit of \$500 per person is due with registration. The tour price is not guaranteed until we receive the deposit. Registration deadline and final balance of fee due date is August 31, 2010. In order to keep the tour fee affordable, we do not accept credit cards.

Refund Policy

Deposits are refundable (less a \$50 administrative fee) if requested by August 31, 2010. Cancellation between August 31 and September 30, 2010, 50% of the trip fees are not refundable. Cancellation between October 1 and October 15, 2010, 75% of the trip fees are not refundable. There is no refund for cancellation within 14 days prior to departure, no-show, or early return. In the unlikely event of tours cancellation by Chilel™ Qigong, deposit & fee balance will be fully refunded

Spaces are limited

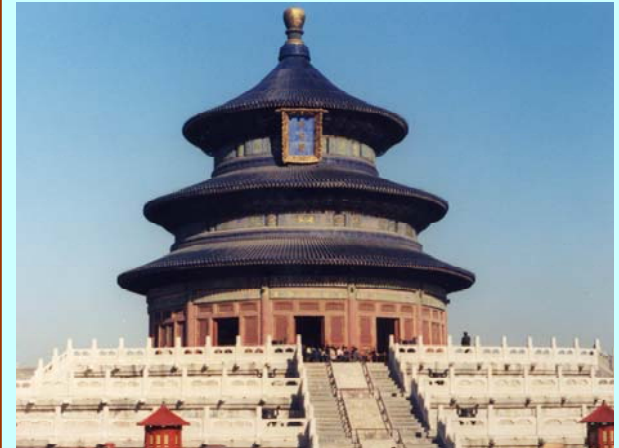
Recoup a Tax deduction and Save: Many educational expenses are tax deductible. Please consult your tax advisor

For Registration and Information:

(888) 254-6575 or (916) 772-0868

www.MedicineBeginsWithMe.com

China 2010



Sightseeing Tour

Nov 6 - 14, 9 days, 4 cities

\$1,995.00

Double Occupancy ♦ \$350 for Single Supplement



Study & Sightseeing Tour

Oct 30 - Nov 14, 16 days, 5 cities

\$2,895.00

Double Occupancy ♦ \$475 for Single Supplement

Itinerary

Sightseeing and Study Tour: (Oct 30 - Nov 14, 2010, 16 days)

Day 1 & 2: USA- Beijing Sat Oct 30 & 31
Nonstop flight from San Francisco to Beijing. Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing

Day 3: Beijing – Beidaihe Mon Nov 1
After breakfast, we will travel by motor coach to Beidaihe to begin our study.

Day 4-8: Beidaihe Tue-Sat Nov 2-6
Study Taiji Rejuvenation Qigong.

Day 9: Beidaihe - Beijing Sun Nov 7
After breakfast, we will travel by motor coach back to Beijing to join the sightseeing tour (Day 2 of Sightseeing tour).

Study Tour consists of 30 contact hours of instruction and practice.

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Sightseeing Tour

(Nov 6-14, 2010, 9 days)

Day 1: Depart USA Sat Nov 6
Nonstop flight from San Francisco to Beijing.

Day 2: Beijing Sun Nov 7
Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

Day 3: Beijing Mon Nov 8
In the morning, we will tour Tian'anmen Square, the largest public square in the world, capable of holding more than one million people. Walk through the Gate of Heavenly Peace to enter the Forbidden City, a 9,999-room compound, where the 24 emperors of the Ming and the Qing Dynasties ruled the Middle Kingdom for nearly 500 years (1420-1911). After lunch, we will tour the Summer Palace, built in classical Chinese style in 1750 as a royal recreational resort.

Day 4: Beijing Tue Nov 9
The highlight today is an excursion to the Great Wall. Enjoy the dramatic vistas and marvel at the Wall as it climbs and descends steep ridges and narrow valleys. The Great Wall stretches an impossible 4000 miles across China's north, covering nine provinces—from the Yellow Sea to the Gobi Desert. Afterwards, we will visit the Ming Tombs, resting place to 13 emperors; and walk the path of the nearby Sacred Way

Day 5: Beijing –Suzhou Wed Nov 10
In the morning, we will visit the Temple of Heaven. This remarkable building is considered the supreme achievement of traditional Chinese architecture. Built without a single nail, this 120-foot-high structure is fixed by four inner pillars represent the seasons, and two sets of 12 columns denote the months and the traditional Chinese division of a day. After lunch, we will take an afternoon flight to Shanghai, then travel by motor coach to the water town Suzhou.

Day 6: Suzhou – Hangzhou Thu Nov 11
In China, Suzhou is often referred as the “Venice of the East”. It is a 2,500-year-old city famous for its traditional gardens, ancient canals and silk production. We will visit the Humble Administrator's Garden and tour the Silk Spinning Mill, where you will learn how silk is created from the mulberry-munching silkworms to produce thread and fine cloth. After lunch, we will visit Tiger Hill, Hanshan Buddhist Temple and take a cruise on the Grand Canal and see local people's life along the river. After dinner, we will travel to Hangzhou.

Day 7: Hangzhou – Shanghai Fri Nov 12
In the morning, we will tour the 1,700-year-old Lingyin Temple, one of China's most famous monasteries. After lunch, we will take a cruise on the picturesque West Lake, which is said to be created from a pearl dropped by a phoenix and a dragon. No tour to Hangzhou is complete without going to the world renowned Dragon Well Tea Plantation, where the legendary Longjing green tea is picked and processed by hand. You will learn about the harvesting, as well as the proper way to brew this healthful beverage. After dinner, we will travel by motor coach to Shanghai.

Day 8: Shanghai Sat Nov 13
Shanghai is China's dynamic financial and artistic center. In the morning, we will visit the Jade Buddha Temple and take a walk along the Bund, the elegant riverside promenade which symbolized European and foreign influence and affluence in the 1930s. The modernistic Oriental Pearl TV tower looms in the background redefining the skyline. Later, we will visit the Old Shanghai bazaar. After lunch, it is free afternoon to shop at the Old Shanghai bazaar or to explore this vibrant city on your own

Day 9: Journey Home Sun Nov 14
After breakfast, you will be transferred to airport and fly back home or to Xi'an for the extension tour. End of Sightseeing tour.