

# “Roots of Tai Chi Tour”

4th—17th April 2015

A trip through China with Grandmaster Khor is an eye opening experience.

**The tour itinerary is personally selected by Grandmaster Khor, visiting only the most worthwhile sights with particular focus on history and culture relevant and meaningful to you.**

With in-depth sightseeing, sumptuous Chinese health cuisine, exquisite shopping. It will be a truly cultural experience. One you will never forget!

**Tai Chi and Qigong Training with Grandmaster Khor & Master Rod**



Traveling with the Academy is a fun filled adventure. You are never lonely or neglected. **You are with friends!**

It is like traveling with an extended family. **There is always someone to share your delights and excitements.**

And with Grandmaster Khor leading the tour, you can truly relax, knowing that **you are always in safe hands in China.**

**Friends and spouses are also welcome.**

Tai Chi is optional. Join in only if you wish. **No previous experience necessary.**

## **Every meal a Chinese Banquet! In Depth Sightseeing & Shopping!**

- MT KONGTONG - Training with Taoist Monk
- MT EMEI - Sunrise Tai Chi on Immortal Mountain
- CHEN TAI CHI VILLAGE - Training with Chen Master
- SHAOLIN TEMPLE - Training with Shaolin Monk
- BEIJING - Tai Chi on Great Wall & Peking Duck Banquet
- GUILIN – Beautiful Country Scenery & Minority Tribe
- LESHAN - Giant Cliff Buddha
- CHENGYANG - Feng Shui Bridge & Rice Terrace

**Plus Spectacular Live Shows!!!**

**All travel, hotels meals, sightseeing included \$4999**

**Enquiries : Phone (02) 9797 9355**

**Book now by sending your deposit of \$500 to :-**

Australian Academy of Tai Chi,  
P.O. Box 1020, Burwood North, NSW 2134

Email : [aatc@optusnet.com.au](mailto:aatc@optusnet.com.au)  
Website : [www.livingchi.com.au](http://www.livingchi.com.au)



## China Tour Itinerary 4<sup>th</sup> – 17<sup>th</sup> APRIL 2015

**Day 01: 4th Apr** Brisbane ✈ Guangzhou ✈ Beijing  
Fly China Southern Airline Bris to Beijing via Guangzhou 2 nights at *Beijing New Otani Hotel\**

**Day 02: 5th Apr** Beijing Meal: B/L/D  
Morning visit and Tai Chi at *Temple of Heaven*, and after lunch *Great Wall of China*. Dinner to-night is Beijing Duck Banquet

**Day 03: 6th Apr** Beijing 🚄 Zhengzhou 🚄 Zhengzhou Meal: B/L/D  
Fast train **G79 1000/1230** to Zhengzhou. Afternoon visit and training at Chenjiagou “Tai Chi Village”. Coach back to Zhengzhou Stay 2 nights at *Zhengzhou Canton Hotel*.

**Day 04: 7th Apr** Zhengzhou 🚄 Shaolin 🚄 Zhengzhou Meal: B/L/D  
Morning visit to Shaolin Temple, Pagoda Forest, Bodhidharma Cave. Training with Shaolin Monk  
Dinner at Dayali Restaurant. Drive back to Zhengzhou.

**Day 05: 8th Apr** Zhengzhou ✈ Lanzhou 🚄 Pingliang Meal: B/L/D  
Morning flight **MF8209 0955/1135** to Lanzhou, then 5 hours coach ride to Pingliang, a township close to Kongtong Mountain. Stay two nights in *Pingliang Guangcheng Hotel*.

**Day 06: 9th Apr** Pingliang Kongtong Mt. Meal: B/L/D  
Tai Chi & Qigong Training with Taoist master

**Day 07: 10th Apr** Pingliang 🚄 Lanzhou ✈ Chengdu Meal: B/L/D  
Morning tour of Kongtong Mountain. After lunch, drive back to Lanzhou. Coach journey passes through amazing hills, grassland and Gobi Desert. Take evening flight **MU2472 2135/2255** to Chengdu. Overnight at *Chengdu Dorsett Grand Hotel*.

**Day 08: 11th Apr** Chengdu 🚄 Mt. Emei Meal: B/L/D  
Morning training at Emei martial art School. After lunch drive to Mt. Emei. Stay 2 nights at *Emei Hongzhushan Hotel*.

**Day 9: 12th Apr** Mt. Emei Meal: B/L/D  
Morning cable car up Mt. Emei, visit Wannian Temple, Baoguo Temple. Enjoy vegetarian lunch.

**Day 10: 13th Apr** Mt. Emei 🚄 Leshan 🚄 Chengdu ✈ Guilin Meal: B/L/D  
Visit Giant Buddha+River cruise. Evening flight to Guilin. Overnight at Sheraton Hotel.

**Day 11: 14th Apr** Guilin 🚄 Chengyang 🚄 Longsheng Meal: B/L/D  
Enjoy 4 hours countryside scenery drive to Chengyang, visit Fengyu Bridge, then visit Longji Terrace Fields. Overnight at *Ping An Hotel*.

**Day 12: 15th Apr** Longsheng 🚄 Guilin Meal: B/L/D  
Coach back to Guilin. Tai Chi practice at Elephant Trunk Hill Park. Visit dazzling Reed Flute Cave. After dinner, enjoy Local Cultural Show.

**Day 13: 16 Apr** Guilin ✈ Guangzhou ✈ Brisbane Meal: B/D  
Take flight CZ3291 1230/1330 to Guangzhou. Shopping at Shangxiajiu. After early dinner transfer back to the airport for flight CZ381 departing at 2115 back to Australia.

**Day 14: 17 Apr** Brisbane  
Arrive in Brisbane at 0825 in the morning.

**BOOKING 02 9797 9355**  
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Web : [www.livingchi.com.au](http://www.livingchi.com.au)