



Bepranic presents:

upcoming travel event



XI'AN-XINING TIBET TRAVEL RETREAT

27 JUNE - 17 JULY 2016

Meditate in strong qi field, merge with ancient culture, beautiful grass land, holy mountains, desolate desert, pure lake, blue sky and free clouds

Details of Travel Healing retreat: Qigong practice with teacher Wei and teacher Tao.

1. Open lower dantian, hunyuan qiao, shenji palace space.
2. Loosen spine, strengthening central nervous system.
3. Practice breathing method to make inner qi strong.
4. Training the aware entirety, present moment state in travel time, keep *kong kong dang dang, huang huang hu hu*, open heart merge into the beautiful.
5. Nature and ancient culture to make a happy, healthy, free new life.



Schedule:



- 27 June, We pick you up from Xi'an Xianyang airport.
- 28 June-4 July, stay and practice in Zhongnan mountains (the hermit mountains, thousand hermits live in this mountains), have a couple days silence retreat, visit hermit place, Terra-Cotta Warriors, Xi'an museum, temple

and other beauty points nearby.

- 4 July, by train go to Qinghai province Xining city.
- 5 July, visit Taer Temple (big Tibet Buddhism temple) and practice there.
- 6-9 July, practice and play at grass land, Qinghai Lake and desert, leave in mongolian yurt.
- 9-10 July, by train arrive to Tibet Lhasa city.
- 11 July, visit holy temple The Potala Palace and Jokhang Temple, experience Tibetan people life and shopping at Bajiao street.
- 12 July, by bus go to Lingzhi, enjoy 5013 meters mountain and all kinds of beautiful landscape, visit big water full on the way.
- 13 July, visit grass land and flower sea and gather beautiful qi there.
- 14 July, travel in Yarlung Zangbo Grand Canyon, see beautiful water of Yarlung Zangbo river and snow mountains.
- 15 July, practice in Lingzhi or Yarlung Zangbo Grand Canyon.
- 16 July, return to Lahsa, have a good rest, receive gather qi and information.
- 17 July, Fly back to Beijing, Shanghai, Guangzhou - change flight to go back home



We work with Chinese travel agent; they gave us some very useful suggestions.

1, The average altitude where we go in Tibet is 3200 meters, and the highest altitude where we will pass is 5013 meters, altitude reaction is normal for some people.

(1) So the people who have high blood pressure, heart problem and asthma and the people who are more than 60 years old need go to hospital to check body and ask doctor if you can come to Tibet. These people need provide the health certificate.



(2) For prevent the altitude reaction, participants need take American ginseng and Rhodiola to adjust body function to suit the high altitude situation before go to Tibet two weeks. We will start to do it in Xi'an

2, The Summer temperature in Tibet is 10—24 degree with strong sunshine, please prepare your proper clothes, glasses and cap.

3, Prepare some medicine for cold, headache, collywobbles and protecting heart and preventing mosquitoes is needed.

4, we leave in three stars hotel in Tibet, please bring your toothbrush, toothpaste and towel etc.

5, If someone have strong altitude reaction cannot continue join the travel, we will arrange you stay at safe place.

6 Please read more information about Tibetan travel from books and internet before you come.

7, everybody needs scan your passport and send to us in advance.



FEE:

The total price is 18000 RMB Chinese yuan = 2 500Euro, include the transport from Xi'an airport to Tibetan airport, food, hotels, travel tickets, guider, practice, medicine prevent altitude reaction. The person need single room pay extra 200 RMB Chinese yuan = 27.00 Euros per day.

After you decide to come, please transfer deposit 5000 RMB Chinese yuan = 695.00 Euros or total price 18000 RMB to our bank account. You also can transfer the rest 13000 RMB Chinese yuan = 1 800 Euros when you come to Xi'an.

- You can direct pay RMB or your country money depend on the exchange rate at that time.

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