

‘Not doing but being’:

Deep practice daily life, Stability, and Qi field Connection.

China Retreat with teacher Xie Chuan

01 – 29 juni 2027: **Shanghai – Wudang Mountain**

Benefits:

- ✓ Experience the striking contrast between two locations.
- ✓ Small Group max: 12.
- ✓ Personalised Attention



MORE INFO: WWW.CHANSIJING.NL / LINK AGENDA

JOIN US!

We start our Travel Practice in Shanghai, diving into the Qi field of this vibrant metropolis. After 5 day's we travel to Wudang by high-speed train, making a small visit to this village before heading into the mountains. We immerse ourselves in the serene Qi field of the Wudang Mountains, recognized as one of the “Four Sacred Mountains of Taoism” In this ancient landscape, people have been practicing Taoism for centuries.

OUR PRACTICE CONTENT; foundation exercises, La Qi, RouFu, Standing Meditation and simple Level 3 methodes, as pathways to emotional balance and spiritual awakening.

In the dynamic setting of Shanghai, our practices unfold within the hotel premises and throughout this captivating city, including the renowned Shanghai Bund.



In the Wudang Mountain, our practice together will be complemented by strolls through spiritually rich surroundings and by visits to cultural heritage sites.



Travel Itinerary

- 1 juni : We will pick you up from Shanghai International Airport.
2-5 juni : We will practice together and harmonize with one another, visit the ancient town.
6 juni : High – speed train to Wudang.
7- juni : Visit Wudang village, with two nights sleeping.
8 juni : Traveling to the mountain.
9 – 28 juni : Practice in Wudang Mountain
29 juni : This last day we go by taxi / train to the airport of Wudang.

Cost

- ✓ € 100,- p.p. per day for a double room
- ✓ € 120,- p.p for single room
- ✓ The total price for a room with 2 pers: €2.800,-(28 nights)
- ✓ Including: teaching, hotel accommodation, meals, sightseeing in Shanghai and high-speed train to Wudang.
- ✓ Exclusions: Flight tickets, evt.visa costs.

Notice

Please find the most suitable flight to Shanghai and departure from Wudang. Perhaps we will book together!

On the final day, we will provide transportation to the airport of Wudang for departure. Did you leave the Wudang mountain, then you have to bear the following cost by yourselves.

Juni is early summer in China with temperature from 20 to 32 degrees.

Registration & Contact

Please contact Iris de Bood, Jason or José Oosterveen by email:

irisdebood@gmail.com

xiejunchen0721@gmail.com

joseetje_oostv@hotmail.com

Once you decide to join, please transfer a non- refundable deposit of 200 euros.

Payment

Bank of China Shanghai Branch Account:

Swift Code: BKCHCNBJ300

Name: XIE CHUAN

Payee's A/C : 6217 8508 0000 8253 443

CNAPS code: 1042 9006

5018

Bank Address : No200 center Yin Cheng

Rd,Pudong District, Shanghai,China.

Purpose use: Health advisory.

Home address:Xie Chuan

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