



2006 WISH Meditation Retreat in the Daoist-Buddhist Mountains of China
Daily Schedule (Oct. 28th – Nov. 11th, 2006)

Dates	Morning	Afternoon	Evening	Lodge
10/28		Air Travel: Newark, NJ - Hong Kong		In flight
10/29	In flight	In flight, arrive at Hong Kong	Bus: HK --> Guangzhou	Guangzhou Hotel
10/30	8 :00 Introduction to qigong retreat 9 :30 Bus to Shaoguan	<input type="checkbox"/> Nanhua Zen Temple to see the true body of the sixth ancestor of Zen	<input type="checkbox"/> Lecture: How to gather qi when visiting scenic sites <input type="checkbox"/> Group meditation	Hotel at Danxia Mountain
10/31	9 :00 visit Mianshi Rock Temple and Biechuan Zen Temple	<input type="checkbox"/> Gathering qi at tomb site of high Buddhist cultivators <input type="checkbox"/> Group meditation	<input type="checkbox"/> Group meditation at hotel	Hotel at Danxia Mountain
11/1	<input type="checkbox"/> Free time gathering qi (Yingyuan & Yangyuan Stones on your own)	<input type="checkbox"/> On-boat tour the Luqi Gorge scenic area	<input type="checkbox"/> Group meditation at hotel	Hotel at Danxia Mountain
11/2	Bus to Luofu Mountain	Free time at Luofu mountain.	<input type="checkbox"/> Group closed-door meditation at hotel	Luofu resort
11/3	<input type="checkbox"/> Magnification & Collection of Qi <input type="checkbox"/> Visit Huanglong Temple <input type="checkbox"/> Meditate at Huanglong mainstream	<input type="checkbox"/> Exchange experiences with students from Liuzhou and Shantou on qigong anti-cancer therapy <input type="checkbox"/> Group meditation	<input type="checkbox"/> Group closed-door meditation at hotel	Luofu resort
11/4	Visit Ge Hong meditation site, Furnace cultivating Dan, Washing pool, Sage's rest stone & Zhuming Cave, etc.	Hike to the peak of the Shuangshi mountain, gather qi and meditate there. (Those who are unable to hike can meditate in the hotel)	<input type="checkbox"/> Chinese reflexology and massage nearby	Luofu resort
11/5	<input type="checkbox"/> Magnification & Collection of Qi <input type="checkbox"/> Jiutian Temple & Daoist ceremony <input type="checkbox"/> Meditate at the Temple	<input type="checkbox"/> Visit Chongxu Temple <input type="checkbox"/> Group closed-door meditation	<input type="checkbox"/> 11:00pm—1:00am Master He performs "seeding ritual" for each participant at midnight, followed by meditation	Luofu resort
11/6	<input type="checkbox"/> Magnification <input type="checkbox"/> Meditate in the hotel <input type="checkbox"/> Q&A session	<input type="checkbox"/> Meditate in the hotel <input type="checkbox"/> Free time	<input type="checkbox"/> Entertainment & Party	Luofu resort
11/7	Bus to Qingyuan	<input type="checkbox"/> Lunch at Qingyuan <input type="checkbox"/> Free time at Qingyuan resort	Qingxin hot spring & TCM massage	Qingyuan resort
11/8	<input type="checkbox"/> Free time at Qingyuan <input type="checkbox"/> 11:00 bus to Clifford Estate, Panyu	<input type="checkbox"/> Special TCM herbal meal at Clifford Herbal Cuisine <input type="checkbox"/> Visit Clifford Hospital	Watch ethnic show by the South Singing & Dancing Troupe	Guangzhou hotel
11/9	Free time -- Shopping in Guangzhou city	<input type="checkbox"/> Small group meditation at hotel (optional)	Tourist boat cruise the Pearl River at night	Guangzhou hotel
11/10	Bus to Hong Kong	Exchange experience with WISH Hong Kong group	Free time in Hong Kong	Hong Kong Hotel
11/11	Hong Kong --> Newark, NJ (and other U.S. cities)			
Note	* The major contents will be held on schedule, but the time arrangement may change slightly for other events. * If you registered to extend your trip in China, you will leave the group in Guangzhou on Nov. 10th.			