

2015 Taiwan Qigong Tour

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27 March 2015 - 10 April 2015



Taiwan, one of Asia's must-see destinations

This travel will include a tour around Taiwan, a retreat, and daily morning Qigong practice. The last few days we will stay in Redwood Cottage for retreat to do intensive Qigong training, explore the beautiful Sun/Moon Lake or the surrounding area for those who do not want to do Qigong.

Day 1 27 March, Friday - Perth Flight to Taipei Taoyuan INTL airport

Day 2 28 March, Saturday

- Very early morning arrival (around 5:00am) at Taipei Taoyuan international airport. Too early for hotel check in, so pack your swim wear in your carry bag. Bus to **Beitou Garden spa** and **Beitou Hot Spring Museum**. There are 6 outdoor hot spring pools waiting for you. After you freshen up, we will visit **Taiwan National palace Museum**. This is a museum with an impressive collection of appealing treasures and valuable antiques. All exhibit pieces are changed every season. It takes a visitor 12 years to see the entire collection, meaning a total of 650,000 items is collected under one roof. We check into our hotel, then have dinner in a most reputed Taiwanese restaurant located on the 85th floor of **Taipei 101**, with the magnificent view of Taipei downtown. After dinner is free time, you can stay to do some shopping in the **Taipei 101** building or visit Taiwan's proud - **Elite bookshop** - 24 Hours bookshop - New Taiwan's culture.



Day 3 29 March, Sunday

U-Theatre combines traditional drama with modern theatrical approach. It rediscovers Taiwan's local culture and the unique role of percussive drumming which can bring a high level of energy as well as a sense of inner well being to all participants. Afterward, we will visit **Moakong Gondola**, which has evolved, into a favorite tourist attraction for its tea plantations and teahouses. **Teapot Museum** We will arrange tea-tasting sessions to introduce the special qualities of Taiwanese tea. If you are a tea lover you will definitely enjoy it. **After dinner we will visit Ping Shi** sky lantern experience is one of the must-dos for tourists. You write your wishes on a lantern, light it and send it up to the night sky.



Day 4 30 March, Monday

Start your day with a Tai-Chi Class at **Chiang-Kai-Shek Memorial Hall**. Standing as the symbol of Kuomintang and Taiwan's first President Chiang Kai Shek, the massive commemorative monument mirrors the "Clear blue sky, white sun, and red earth" described in the national anthem in its architecture. Here you can watch the changing of guards on the hour in the main hall, and visit the National Theatre and Concert Hall located nearby. After lunch we will visit the **Yunming National park** see the beautiful mountain of Taipei city and dine in the very Zen style Taiwanese cuisine **Pine Garden**. After dinner back to the hotel to have a good nights sleep



Day 5 31 March, Tuesday

We will leave Taipei in the morning, first to visit **Dharma Drum Mountain**, where you can find spiritual tranquillity through active meditation and by immersing yourself in its beautiful environment. If time permit we can visit the **Ju Ming Museum**, 朱銘美術館 a national treasure. The sculptures are so vivid, you almost could see they were moving or flying! His most famous works are a Tai Chi series. Onward to **Yeh-liu Geological National Park**, noted for its fantastic rock formations fashioned by the elements through the ages. A famous landmark of the park is the rock formation called the Queen's Head, which reminds many

visitors of the ancient Egyptian Queen Nefertiti. Also it has been tested to be the highest energy point of Taiwan. **Jiofen** Gold rush town - In addition to being one of the prettiest towns in Northern Taiwan, Jiufen is special because of its location. If you have watched the movie "Spirited Away" (produced by Hayao Miyazaki), Jiufen is the inspiration for the street shops scene with the quaint red lanterns that line the street. That night we will stay in a hot spring town **Jiaoxi**. This is a really small town but with hot spring experience to any tourist and local We can have free foot hot spring experience near park or in the Nude bath house.

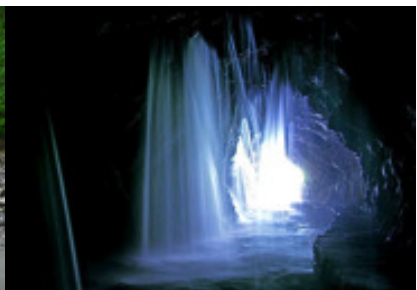
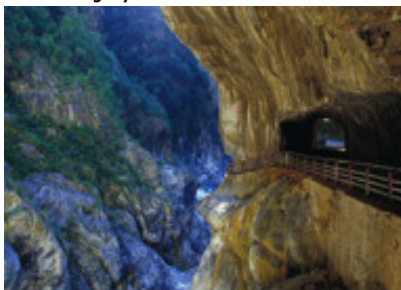
Day 6 1 April, Wednesday

After morning Qigong practice we will drive to visit the **Yilan** County, including the **National Center for Traditional Arts**. It will bring you to Taiwanese olden days, street performers and street food. Theatres, museum and Cosplay also available. We will tour **Qing Shui Duan Ya (Clear Water Cliff)** along the East Coast of Taiwan Island. Look out to the Pacific Ocean and the cliffs. The water there has three colours. Arrive **Hualien** and visit the night market. Hualien Ziqiang Night Market is the best place for tasting local food.



Day 7 2 April, Thursday

Journey to Taiwan's seven wonder: **Taroko Gorge** the only marble gorge in the world. Perhaps the most spectacular natural wonder of Taiwan, Taroko Gorge, sinuously snakes for 12 miles through sheer marble cliffs and lush green mountains. Heading to Taroko Gorge. Visit the Eternal Spring Shrine, Swallow Caves, and Tunnel of Nine Turns. That night we will stay in **Hualien** hotel and enjoy the local food and Music.



Day 8 3 April, Friday

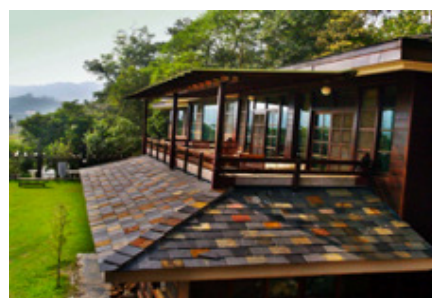
Taitung-Chishang Rice Village Museum (home town of rice), Enjoy the tea farms and rolling hills in Luye Gaotai. **Amis Indigenous Culture Art Center** has live

performances of Amis songs and music by the Amis tribe. The centre also features Amis traditional long house replica for viewing and to understand the functions of the houses. From Taitung we will drive through the southern coast of Taiwan via **Kenting** to Fo Guang Shan and stay a night.



Day 9 4 April, Saturday

Fo Guang Shan located in Kaohsiung, is the largest Buddhist monastery in **Taiwan**. There's no set plan, but guests are encouraged to join in morning prayers 5:30am, then breakfast. Meals are sacred affairs at the monastery and held in silence as active meditation. Today we can visit more than a dozen temples, two Buddhist colleges (one for men and one for women), a children's school, meditation rooms, a Japanese-style calligraphy hall, gardens and a recycling center in here. After lunch we will go to the central of Taiwan – **Sun/Moon Lake**. The Sun Moon Lake, located in the middle of Taiwan, with an elevation of 748 meters above sea level, is the only natural big lake in Taiwan. The southern part of Lulu Island is shaped like a new moon, and the northern part is shaped like a sun; hence the name Sun Moon Lake. There are many famous sights around Sun Moon Lake. The natural forests bordering these roads are good places for bird watching. There are a lot of birds that live on the mid-elevation. That night we will stay in our special retreat **Redwood Cottage**. Welcome with BBQ dinner.



Days 10 - 13 5 - 8 April, Sunday - Wednesday – Qigong Retreat

Redwood Cottage - The ideas in Frank Lloyd Wright's Prairie House are adopted as the model for the design of this cottage. The cottage is built to fit in the natural environment of the basin which is a moor formed from the old Sun Lake. Redwood is used for the construction of the outside walls, the windows, and the floors and that's how it derives its name. This is a wonderful place for relaxation and meditation. Sitting in the centre of the moor surrounded by the mountains, what we have is organic peat, fresh air, spring water and great view. We look

forward to sharing with you the rich ecological system and the natural environment. Only 1 acre of the peat land is located in front of our cottage and remains intact which allows you to experience the floating land.



Day 14 9 April, Wednesday

We leave Redwood Cottage after breakfast. On the way to the airport we will visit the very special village – Sanyi. It's known for woodcarving, which has existed here for more than 100 years.

Day 15 10 April, Thursday Arrive home safely

Price: A\$4250 including return flight ticket from Sydney (twin share)

Booking payment before 30/11/14 deposit \$1500

2nd payment before 15/01/14 \$750

3rd payment before 15/02/14 \$1000

Final payment before 15/03/14 \$1000