

# Energy Tour to China June 2 -14, 2009

## Touring with the Master to the Source

### ■ Tour Itinerary\* (this had to be changed slightly since initial emails)

#### Day 1, 2 → USA - Beijing

Take an international flight to the capital of China and the site of the 2008 Summer Olympics—Beijing. Before the trip you will receive a feng shui manual and Master Hong's method for overcoming jet lag. You can use Master Hong's teachings on healing foods and exercises for the immune system to help prevent travelers' sicknesses throughout the trip.



#### Day 03 → Beijing

Beijing is the nation's political, economic, cultural, and educational center and is one of the six ancient capital cities of China. It has been the heart and soul of politics and society throughout its long history and so there is a wealth of discovery to intrigue travelers as they explore its ancient past. Visit the Temple of Heaven, the place where the emperors of Ming and Qing Dynasties worshipped heaven and prayed for peace and harvest. Professional tour guide provides explanation. At meals Master Hong will be teaching the healing properties of some of the delectable foods proffered.



#### Day 04 → Beijing

Today you will go to visit the Forbidden City and inside, the Palace Museum. The Palace was home for 24 Ming and Qing Dynasty emperors who ruled China for over 500 years, Master Hong will point out the Feng Shui employed in the Forbidden Palace. Visit Tian An Men Square—the well-known largest city square in the world. Tour guide will provide cultural-historical perspective. Visit the outside of the National Center for the Performing Arts—people call it the Pearl in the Lake. Visit the pearl center. Then the Summer Palace, the famous resort of the powerful Empress Dowager Ci Xi. Then to the Baiyun temple. Peking Duck Dinner.



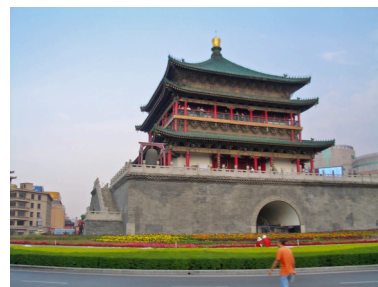
**Day 05** → **Beijing**

The highlight today is a trip to the astonishing Great Wall of China, the only man-made structure on Earth that can be observed by the naked eye from the moon. The wall runs across the northern part of Beijing for over 600 kilometers with various gates and towers. Use Master Hong's method to help you walk farther on the wall. On the way, visit the outside of the main Olympic stadium, called the Birds' Nest and the Water Cube. Visit the Jade Factory. Option for evening foot reflexology or massage at good rates--very healing.



**Day 06** → **Beijing-Xi'an**

Fly to Xi'an, the ancient capital city for Han, Tang and 11 other dynasties. Visit the Bell Tower, located in the very center of the city. Ring the bell and if you are a student of Master Hong, focus on the vibrations throughout your body. When shopping, as always, Master Hong can help determine the fake products from the real, and tell if the price is right. After lunch, visit the Big Wild Goose Pagoda. Special dumpling dinner.



**Day 07** → **Xi'an**

Visit the Museum of the Terra Cotta Warriors of the first emperor Qing Shi Huan, who unified China and ordered the building of the Great Wall. Master Hong will teach you about Feng Shui for burials used here, which is quite different than feng shui for the living. Visit the clay terra cotta warrior factory and store.



**Day 08** → **Xi'an-Shanghai-Suzhou**

Fly to Shanghai, one of the largest commercial cities in China.. Bus to Suzhou. Visit the Hanshan Temple. If you are inclined, light incense and say a special prayer with Chinese reverents. After lunch, enjoy the famous Liu Garden. Then visit the Silk Research Institute and Shopping Center. Anytime on the trip, Master Hong may have something intriguing to say about your character, behavior or future based on the Chinese astrology information you have provided beforehand.



**Day 09**

→ **Suzhou-Hangzhou**

Bus to Hangzhou. Visit the famous and beautiful West Lake, take boat cruise on the lake, take in the Three Pools Mirroring the Moon. Visit Lingyin temple. Then visit and shopping along the Qinghe Ancient Street. Visit the famous Tea House of Hangzhou. Tour guide will provide more historical background on the bus. The tour guide will take feverish notes when Master Hong provides deeper feng shui and healing food knowledge!



**Day 10**

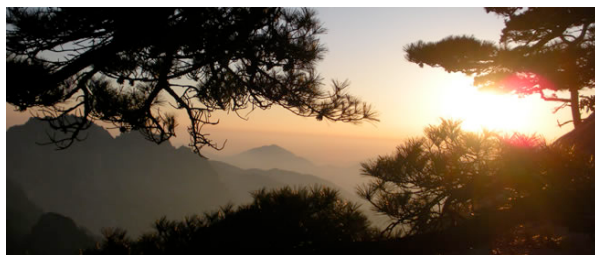
→ **Hangzhou-Huangshan (Yellow Mountain)**

Bus to Yellow Mountain (4 hours) the most beautiful and famous mountain in China, Take cable car up Yellow Mountain. The mountain's beauty lies in its "four wonders": pine trees with shapely foliage, rocks in a hundred and one images, an ocean of clouds, and hot springs. Sightseeing at the Xihai and Beihai Beauty Spot, including the Shi Xin Peak, Lion Peak, Bright Peak, and Pai Yun Pavilion.



**Day 11**

→ **Huangshan-Shanghai-airport**



1. Enjoy the mountain sunrise before breakfast.  
3. Then fly back to Shanghai. Visit Shanghai, including the Bund, the famous waterfront. Then you can explore the nightlife with your Energy Tour friends and/or family



2. After breakfast, down the hill and visit the Tunxi Ancient Street, first built over 700 years ago in the Song Dynasty.

**Day 12**

→ **Shanghai**



Visit the beautiful traditional Chenghuang Temple and local product center. Enjoy shopping along Nanjing Road. For contrast, visit the new Pudong area of Shanghai.

Transfer to airport. Flight to USA. Practice Master Hong's method for overcoming jet lag.



**Day 13**

→ **Return home**

Practice Master Hong's method for overcoming jet lag.

