

Program brief propels: Dali is a wonderful place for Taichi and Daoism , there are plenty of Daoism temple, Ethnic minority, during trekking around different mountain, experience different Ethnic Minority culture, such as Bai,Yi Ethnic tribes handcraft ,study Taiji, deeper understand Chinese Daoism spirit, culture communication, improve student's health and Execution ability also enhance environment and Ethnic culture protection awareness

Introduction of Daoism in Dali

Daoism, like Confucianism, is native to China, and had a large belief base a long time before Buddhism made its entry from India. When it did, all religions had to evolve – Buddhism to conform to local traditions of thought and worship, adopting ideas, concepts and terminology from the other two big philosophies, and Daoism and Confucianism to keep themselves up to date, at the cutting edge of tradition, to keep its share of mind space in a climate where Buddhism was making rapid advances in popularity.

So the lines differentiating the various philosophies run slim. The walls of one Daoist temple we saw on Weibaoshan featured a painting of an Indian monk, most likely Bodhidha, the South Indian monk who came to China and took Zen Buddhism (in Chinese 'Chán' 禅) to the temples of Shaolin. (Some say he brought along an ancient Indian martial art called Kalaripayattu too.)

Located in Weishan county about 61km south of Dali (Xiaguan city), Weibao Mountain (Weibaoshan) is one of the most renowned scenic spots in the Dali area. It is also one of the 13 China's most famous Daoist holy mountains. Weibaoshan was the cradle of Nanzhao, and a famous mountain for its Taoist Influence, It provide a rich source of material to study the Nanzhao history and Taoism history,

According to the records, Xinulo, the first King of Nanzhao Kingdom, once farmed here, It is said that Xing village on the north side of the mountain was Xinulo's first settlement .At the end of the Ming dynasty and the beginning of the Qing Dynasty, about ten Taoist temples and pavilions began to be built on the mountain.

Changchun Cave is one of the best maintained temples in Weibao mountain, the temple was built in the shape of the Eight Diagrams, there are 74 classic paintings which best reflect the daily life of Tao Monks and the religious of Yunnan minority people.

Taichi & Taoism retreat in Dali

Schedule

One week trekking around Dali, experience Bai ethnic culture, handcraft.

And studying TaiChi Eight Trigrams, Xingyi studying, hike to Daoism Wenshan mountain, visit Daoism temple, practise with monks in the temple, chatting with the monk and stay In the comfortable hotel in Weishan at night.

First week: Trekking week

Morning

Afternoon

Evening

Monday

Dali Cangshan mountain trek

Tuesday

Taiji Eight Trigrams, Xingyi studying

Wednesday

Taiji Eight Trigrams, Xingyi studying

Thursday

Taiji Eight Trigrams, Xingyi studying

Friday

Weibao shan Daoism mountain trek

Saturday

Practice Taiji with monks in Daoism temple

Last day

Farewell party

TaiChi& Taoism retreat package includes:

Accommodation:Mountain Resort

Transportation:private car or local vehicles support

Meals (B.L.D.)=breakfast,lunch,dinner

English speaking tour guide

Chinese qualified teacher

TaiChi & kungfu qualified master

Package excludes:

Air fare fee, round trip ticket

Insurance

AGE:Adult(Family & old generation)

Programs High light:

Daoism philosophy and Taiji qualified teach

Daoism temple explore

Mountain trek

Concentrative Chinese language environment Small group class with the maximum of 12 students

Carefully selected camp directors, coordinators and monitors based on their experience, expertise and, above all, dedication to the students.

Cultural Activities and Excursions: We provide diverse cultural activities and cultural appreciation for students in the afternoon from Monday to Friday, to introduce more about China. Activities include handicrafts, Kungfu, acrobatics appreciation, museum and historic site visit, etc...

TAICHI &KUNGFU master's introduction:;

Mr.Kaiyi Ma

Born in 1939, in Dali in Yunnan, graduated from Kunming normal University PE college, studied from GUOZHENG SHA, FUSHENG HE, JINGQIU LIU MARTIAL ART MASTERS. Expert at Wudang, Jingwu,Taiji, Bagua,Tongbi, Xingyi, as well as knife, sword, and stick.Spears

He has been devoted to Martial arts teaching for 50 years, some of his students have become champions in the National martial arts competitions. He has been adopted as one of Dali's professional martial arts master, and physical education masters.

Since 1987, he started to teach martial arts to Westerners. His students come from all over the world. In 1998, French magazine, "KARATE" interviewed him and reported his outstanding special contributions to Martial arts. In 1996, he received an award for being one of China's contemporary martial arts master.

Note: The schedule Subject to change depends on the situation, and the ability of the student the ability of the student

身心灵舞动平台：

专业关注：健康养生，瑜伽舞蹈，瑜伽静修之旅

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