

The ladders to Heaven-Tengchong Ruili Lincang Banna –tea plantation retreat

10 years ago, we hiked the Bonan Ancient Road to the Southwest Silk Road to Tengchong and Ruili Yingjiang, and went to Banna and Yuanyang. We worked as volunteers and wandered in various ethnic minority villages, such as Jingpo, Dai, Hani, etc. along the way. On the border, Laos, Myanmar, Thailand, Vietnam, etc., Tengchong is a beautiful town on the border. I took my mother to Sooye Hot Spring 10 years ago, and recently I plan to go to the tea plantation of a friend's home in Lincang.

On the banks of the Lancang River,

In the southwest of Yunnan,

There is a magical, beautiful and colorful in the hot land——Lincang.

The western and southern parts of Yunnan Province are located between 15° north latitude and the Tropic of Cancer. Most areas have an altitude of 1000-2000 meters, an average annual temperature of 18°, an annual precipitation of 1500mm, and an annual sunshine time of 2200 hours. The terrain is mountainous. Sloping land is dominated by large ups and downs, fertile soil, sufficient sunshine, abundant rainfall, and large temperature difference between day and night. These unique natural conditions have formed the unique taste of Yunnan small-grain coffee—strong but not bitter, fragrant but not strong. Slightly fruity. As early as the 1950s, Yunnan small-grain coffee was very popular in the international coffee market and was rated as the top-quality coffee.

The Yunshang Bangdong Coffee Study Tour is organized by Yunnan Bajiadi Agricultural Development Co., Ltd. The company is mainly engaged in tea production, coffee planting, processing, and sales, ancient brewing, ceramic workshops, hand-made paper, hotels and other operations. In this study tour, the trainees visited the coffee growing environment and production base. They were personally led by the person in charge of the coffee farm, Chen Qichao, and went deep into the coffee base during the 5-day itinerary, indulging in the mountains and rivers, experiencing the local ethnic customs, and harvesting Yunnan small-

grain coffee. Natural sciences and humanities, thus building up the knowledge and understanding of Yunnan small coffee, combining play and learning, so that every student benefits a lot.

To

Day 1: Open the return home

Arrival: Lincang Airport will be picked up by a dedicated car, drove to the destination Bangdong Township, stay in Yunjingzhuang, sort out the exhaustion of the journey, and prepare to start the life of returning to the mountain.

Day 2 Yoga and exploring the coffee base

Wake up naturally in the morning sun and rain, walk into the coffee base, walk towards nature, enjoy the mountain breeze, and be intoxicated in the green forests all over the mountains. If you want to learn about coffee, starting from the coffee plants and beans here, you can open an interesting door about coffee. Seek wild fruits, game, sit on the ground and have a picnic in the nature at noon to experience life in the mountains in depth. Return to Yunjingzhuang in the afternoon to experience hand-made coffee and feel the joy of this cup of coffee.

Day 3 Sit and watch Yunjuan Yunshu

Sleep until you wake up naturally and wait for a sunrise.

Yoga meditation, deep autumn and early winter, the morning light suddenly appears, the sea of clouds is tumbling, and I can see the mountains overlap, the sea of clouds, the vastness and boundlessness, three or five black ridges, like sea whales swimming in the ocean, and seem to have just exposed Submarine on the water. The scent of tea lingers, indulging in the quiet world, petals dance in my heart, bathed in a warm sun, listening to the flowers blooming, sitting and watching the clouds and clouds.

Day 4 Tea Mountain + Forest + Outdoor Music Tea Party + Yoga Meditation

In this beautiful encounter with nature, feel the vicissitudes of a century-old tea tree, explore the mystery of the virgin forest, talk to the towering trees of a thousand years old, whisper to the gentle wind in the ear, and breathe the freshness of the pure natural oxygen bar In the air, savor the mellow and sweetness of a cup of famous mountain ancient tea soup, release your mind in the long music, and wash your body and mind.

Day5 Hiking Yoga Meditation

Say goodbye to mountain life

The so-called poetry and the distance are nothing more than

Talking interesting words and doing interesting things with interesting people in interesting places

From dark to the sun covering the earth, you will be in awe of this land

Grateful for the gift from heaven

Let us inhabit

Artist tutor introduction:

Zhu Hong: Musician, founder of Lincang Yunjingzhuang and Tea and Coffee

JOLIE (小路): Life dancer:

From 2008 and the Spanish guide BABLO from Yunnan to Tibet on foot

By 2009, I will finish the Yunnan-Tibet tour on foot, and Sichuan-Tibet will go through the Southern Buddhism tour in Southeast Asia in 2013-2015.

2011,10-11 completed the 200-hour Yoga Teacher Training Certificate (American Yoga Federation), Master of Psychology and Oriental Philosophy in Rishikesh, India, at Yogpeech Yoga School 2011,12-2012,01 in Aham Yoga, Thailand Malaysia learns tantric yoga and yoga physiotherapy and massage.

2013-2014: Participated in impromptu dance workshops and art festivals in Beijing and Xiamen, under the tutelage of Dutch qigong dance artist and Greek teacher Van, to learn the elements of modern dance.

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★★ Course fee: 5880/person (air ticket fee not included)

The cost includes: Lincang accommodation and two-way transfer, 6 days and 5 nights at the farm and hotel

The cost does not include: all private consumption (such as hotel phone bills, scenic spot photography costs, etc.)

image

Welcome to bring children: adults, children (two big and one small, over 6 years old and under 10 years old, free for children, one big and one small, half price for children, limited to 15 families)

image

Accommodation: a meditation homestay in Lincang

Eat: Vegetarian food made from fresh local ingredients,

Activities: tea picking, yoga, dancing, music, coffee, incense,