

2026 | 丙午马年
YEAR OF THE HORSE

恭贺新春

春

GONGHE
XINCHUN

Happy

CHINESE NEW YEAR

寻根中华文明 共享康养新年

TRACING THE ROOTS OF CHINESE CIVILIZATION
EMBRACING WELLNESS IN 2026



GAOPING, SHANXI

Dear Global Friends,

In the Chinese New Year of 2026, let's meet at the important birthplace of Chinese civilization, **Gaoping, Shanxi**. This is not only the hometown of Emperor Yan, the founder of China, and the source of traditional Chinese medicine. You will take part in the full Chinese New Year experience, from Little New Year (**February 10, 2026**) to Lantern Festival (**March 4, 2026**), **23 days** in total.

On this trip to China, you will embark on a new model of travel. One where you return home with a deep sense of balance, new energy and vitality.

Stress Relief Techniques

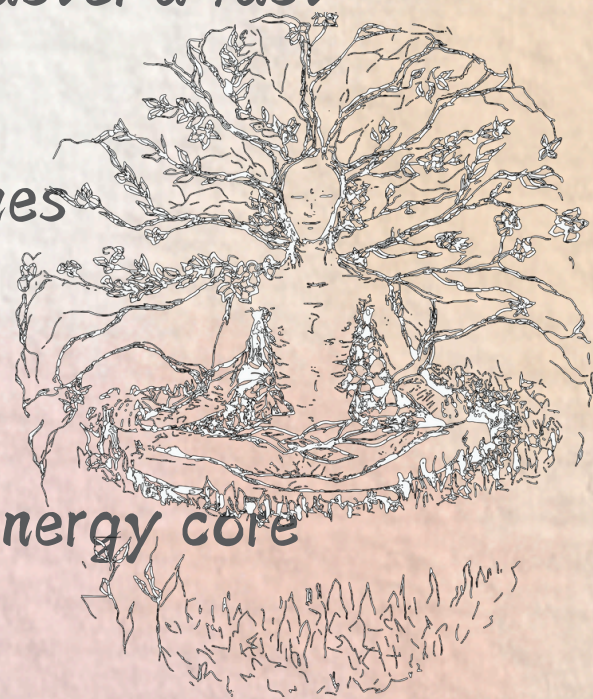
You will learn the ability to strengthen your Life Energy. Dive into deep stress release, rediscover your true self, and **ACTIVATE** your innate self-healing system:

1. Daily Dawn Practice for vitality boost: Master a fast-strengthening methods

2. Stress - Roots Analysis & release techniques

3. Self-Healing Triggers:

- Meditation: Clear mental clutter
- Standing cultivated posture: Ignite inner energy core



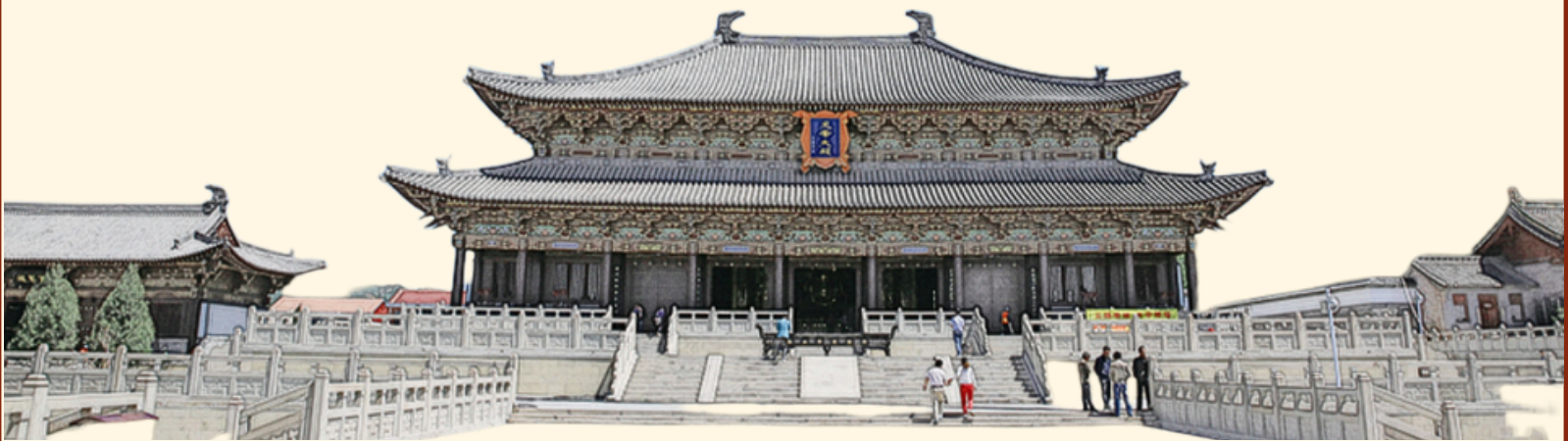
Here are a few more of the many amazing activities we will offer.

ACTIVITY DETAILS



Explore the majestic “Emperor Yan Mausoleum”

Strolling through the solemn cemetery surrounded by millennium old cypress trees, participating in ancestral worship ceremonies, and experiencing the cultural resonance deep in the blood.



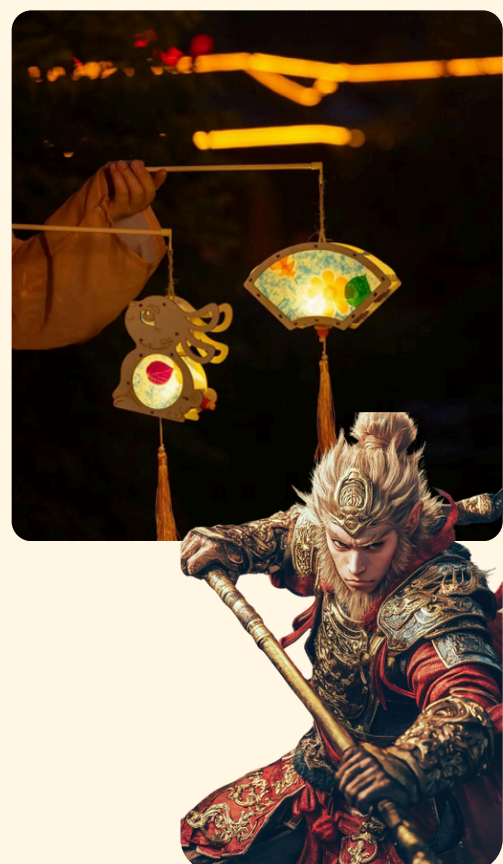
Experience more intangible cultural heritage firsthand

Huamo: It also known as noodle sculpture, noodle flower, gift bread, flower cake, etc. Huamo is an intangible cultural heritage project in Gaoping, specifically known as "high plane sculpture" or "steamed Huamo".



Lantern Festival:

Carrying lanterns, strolling through the millennium lantern market, guessing puzzles, and wearing Hanfu at the Iron Buddha Temple in the "Chinese Ancient Architecture Museum" - the Ming Dynasty colored sculpture "24 Heavenly Kings" inside the temple has just amazed the world with "Black Myth: Wukong"!





Traditional Customs:



Join locals in making dumplings, pasting red couplets, and watching “dragon dances”, “fire-breathing performances”, and “stilt-walking” in historic villages like “Suzhuang”, “Bofang” .



Snow Activities

Glide across ice rinks, race down snow slopes, or try your hand at “ice sculpting” — all set against breathtaking alpine scenery.



Herbal Living

Craft medicinal hotpots and herbal teas using locally sourced ingredients like “astragalus” and “forsythia”, infused with TCM’s “preventive wellness” philosophy.



Friendship Banquet Under the Stars



Gather around a long table to savor the “Ten Bowls Banquet” — a feast of Shanxi’s culinary heritage.

ABOUT US

A Professional and Dedicated Faculty Team:



Lu Zhengdao

- * Founder of Inner Space Energy Guidance
- * President of Zhongdao International Life Science Institute
- * National Certified Psychologist



Wang Lin

- * Senior Lecturer in Mind-Body Holistic Health Studies
- * International Instructor of Chinese Medical Qigong
- * National Certified Health Qigong Instructor



Zhu Wanfeng

- * Ph.D. in Qi Studies, Jiangxi University of Traditional Chinese Medicine
- * International Instructor of Chinese Medical Qigong



Xu Hongzhi

- * Physical Fitness Instructor
- * TCM & Qi Therapy Massage Therapist

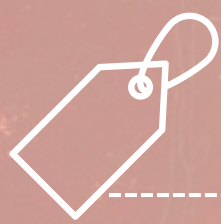


Zhou Rui

- * Postgraduate Student at Hangzhou Normal University
- * Major in Psychology

JOIN US!

Plan Now — Let 2026's Lunar New Year Spark Your Cultural Awakening in China!



Price

\$2900

**for 23 days includes the cost of
food, bed, travel, retreat.**

Participants only need take care the cost of
their flight, insurance and the cost of during
travel.

Early bird Price & Newcomer Experience

Price:

\$2720



Contact

**Please contact the organizers who you know.
The people who don' t know any organizer,
please contact with the teachers:**

Teacher Ling: lingmingxujing@outlook.com

Teacher Zhu: znqg666@163.com

Teacher Coco: 1306808514@qq.com



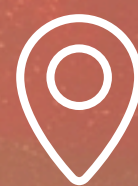
**Travel
Dates:**

**February 10 -
March 4, 2026**



**Registration
Deadline:**

**December
31, 2025**



**Activity
Location:**

**Gaoping,
Shanxi, China**