

China Tour with Rosa Namkhai & International Instructors

Date : October 17, 2018

Fabio Andrico, Costantino Albini, Prima Mai, Adriana Dal Borgo and Salima Celeri

International Cultural Ati Yoga Association

Hi everyone, we have a new program for China!

The departure is scheduled for 24 October and the return on 11 November.

We will visit Beijing, Chengdu, Vairocana's caves and Yinchun (Samtengar).

We have a program with Santi Maha Sangha Base teachings, Vajra Dance, Yantra Yoga and Khaita Joyful Dances.

You can find the whole program below this post.

Everyone is welcome to join us!

If interested, please contact cecilia@atiyogachina.com

BEIJING – YINCHUN – CHENGDU

BEIJING

Hotel: Crowne Plaza International Airport Beijing – Capital Airport n°60, Fuqian 1 street, Tianzhu, Shunyi district

24/10 Departure: at 20.00 from Rome – Flight n° CA940

25/10 Arrival: at 13.00

Resting in the Hotel until 18.00 – greeting people and dinner together

26/10 11.00

– visiting the Royal Palace (for those who are interested)

– resting in the Hotel with massage and services such as swimming pool and sauna (for those who are not interested in the visit)

27/10 11.00

– Khandro's (Rosa's) salutes and speech (3-5 min)

– Ganapuja

– Arrival at the Beijing Ling + speech of all instructors and teachers (10 – 15 min)

13.00 – 14.00 Lunch, return to the hotel

Evening:

– Vajra Dance (1 h)
– Khaita
19.00 – 20.00 dinner

28/10

09.00 – 10.30 Yantra Yoga
11.00 – 12.30 Explanation of Guru Yoga
13.00 – 13.30 Lunch
15.00 – 16.30 Vajra Dance
17.00 Khaita

CHENGDU

Hotel:

Option A: Millenium Hotel Chengdu – n° 55 Shenxianshu Road, Hi-tech zone

Option B: Holiday Inn Century City Chengdu West Tower – n° 208 Century City Road, Hi-tech zone

29/10 From Beijing to Chengdu

Flight n° CZ3903 departure hour 14.40 – arrival hour 17.50

Rest and dinner together at 18.00

30/10

9.00 – 9.20 Speech of the teachers (10-15 min) and speech of Khandro (3-5 min)
9.30 – 11.00 Yantra Yoga (Fabio Andrico)
11.00 – 12.30 Explanation of Guru Yoga (Costantino Albini)
13.00 – 13.30 Lunch in the hotel
13.30 – 14.00 Noon break
14.00 – 15.30 Vajra Dance (Prima Mai)
15.30 – 16.00 Tea break
16.00 – 18.00 Khaita Joyful Dances (Salima Celeri)

31/10

9.00 – 10.30 Yantra Yoga (Fabio Andrico)
11.00 – 12.30 Explanation of Guru Yoga (Costantino Albini)
13.00 – 13.30 Lunch in the hotel
13.30 – 14.00 Noon break
14.00 – 15.30 Vajra Dance (Prima Mai)
15.30 – 16.00 Tea break
16.00 – 18.00 Khaita Joyful Dances (Salima Celeri)

01/11

– Rosa and tour group: Visiting Vairochana's cave

9.00 Departure from hotel
12.00 Arrival at Vairochana's cave
13.00 – 13.30 Lunch
13.30 – 18.30 Sightseeing
19.00 – 20.00 Dinner at the Hotel

– Hotel Activities

9.00 – 10.30 Explanation of Guru Yoga (Costantino Albini)
13.00 – 13.30 Lunch in the hotel
13.30 – 14.00 Noon break
14.00 – 15.30 Vajra Dance
15.30 – 16.00 Tea break
16.00 – 18.00 Khaita Joyful Dances

02/11

– Rosa and tour group: Visiting Vairochana's cave
9.00 – 12.00 Sightseeing
13.00 – 13.30 Lunch
13.30 – 18.30 Sightseeing
19.30 – 20.00 Dinner in the hotel

– Hotel Activities

9.00 – 10.30 Explanation of Guru Yoga (Costantino Albini)
13.00 – 13.30 Lunch in the hotel
13.30 – 14.00 Noon break
14.00 – 15.30 Vajra Dance
15.30 – 16.00 Tea break
16.00 – 18.00 Khaita Joyful Dances

03/11

9.00 Departure from Hotel
12.00 Arrival at Chengdu
13.00 – 13.30 Lunch in the Hotel
13.30 – 18.00 Free arrangement
19.00 – 20.30 Dinner in the hotel

YINCHUN

Hotel: Wentang Hotel – n° 110 Wenquan Road

04/11 From Chengdu to Yinchun

Flight n° MU2826 Departure time from Chengdu 8.20 – arrival time at Nanjing 10.45

Departure time from Nanjing 13.10 – arrival time at Yinchun 15.05

05/11

Morning: Yantra Yoga

Afternoon: SMS base

Evening: Vajra Dance and Khaita

06/11

Morning: Yantra Yoga

Afternoon: SMS base

Evening: Vajra Dance and Khaita

07/11

Morning: Yantra Yoga

Afternoon: SMS base

Evening: Vajra Dance and Khaita

08/11

Morning: Yantra Yoga

Afternoon: SMS base

Evening: Vajra Dance and Khaita

09/11

Morning: Yantra Yoga

Afternoon: SMS base

Evening: Vajra Dance and Khaita

10/11

From Yinchun to Beijing

12/11

From Beijing to Rome