

China Academy of Traditional Chinese Medicine

Sample Qigong Schedule

This is a sample schedule: times, lectures, and all are subject to change.



	Day	Morning	Afternoon	Evening
Sat.	Day 1	Depart LAX	Cross International	Dateline
Sun.	Day 2	Arrive Beijing	Open	
Mon.	Day 3	Orientation	Qigong Instruction	
Tue.	Day 4	Qigong Instruction	Qigong Instruction	
Wed.	Day 5	Qigong Instruction	Qigong Instruction	
Thu.	Day 6	Qigong Instruction	Qigong Instruction	
Fri.	Day 7	Hospital Tour	Open	Xinjing Banquet*
Sat.	Day 8	Temple of Heaven	Forbidden City	
Sun.	Day 9	Great	Wall	
Mon.	Day 10	Qigong Instruction	Qigong Instruction	
Tue.	Day 11	Qigong Instruction	Qigong Instruction	
Wed.	Day 12	Qigong Instruction	Qigong Instruction	Imperial Banquet*
Thu.	Day 13	Qigong Instruction	Qigong Instruction	Farewell Banquet
Fri.	Day 14	Depart Beijing	Home/Optional Travel*	

* Denotes optional activity with an additional fee.