

Yoga Holiday at Shangrila, China (Kuming & Lijiang) **20 - 26 July 2008**

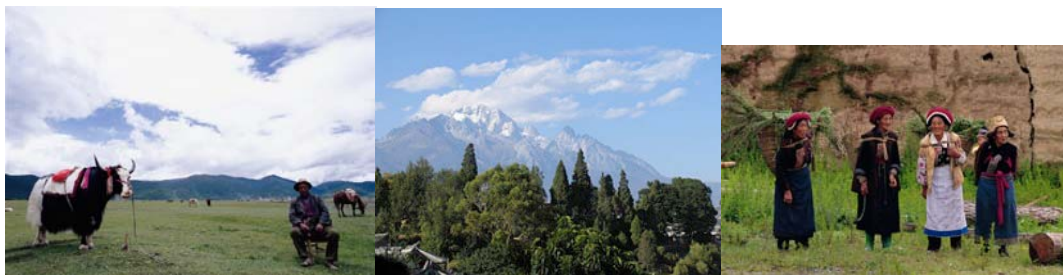
Experience luxurious stay with the Bayan Tree Resorts and visit some of the most wondrous sights of Kuming, Zhongdian & Lijiang. Lijiang is positioned uniquely among Sichuan, Yunan and Tibet. Experience the culture of eastern Tibet and visit beautiful snow mountains, lakes, and old towns preserved by UNESCO.

Kunming, the capital of Yunnan Province, is known as the "city of eternal spring." Located in the middle of the Yunnan Plateau 6,300 feet above sea level, subtropical Kunming is skirted by mountains to the north, east, and west, while to the south lays a large lake called Dianchi. Kunming has a mild climate and flowers bloom most of the year round. But its association with eternal spring can be misleading, because there are sometimes cold winds in winter, chilly days in spring, and heavy rains in summer. Generally speaking, though, the city's climate is kind to travelers most of the time.

Zhong Dian (Gyalthang in Tibetan, recently changed its name to Shangri-La)- Located at an altitude of 3,600m on the south-eastern edge of the Tibetan plateau in Yunnan province, an area which remains refreshingly unexplored, Here, you will discover your own Shangri-La - Lost Horizon... a distant and secluded hideaway of great beauty and peacefulness. A remote paradise on earth where harmony reigns, where the gods walk among the people, and where man and nature embrace. In order to protect the local natural resources, several nature reserves have been designated in the region. Zhongdian County was also included in Three Parallel Rivers of Yunnan Protected Areas, which was inscribed on UNESCO's World Heritage Sites in 2003. A report made by WCMC (World Conservation Monitoring Center) on this wonderful park concluded, "This is an area of unparalleled biological diversity, unusually explicit geological and landscape variety and great scenic beauty."

Lost Horizon

First published in 1933, Lost Horizon is the tale of Shangri-La, the Tibetan utopia in which life is limitlessly extended. One woman and three men are kidnapped and brought to Shangri-La, hidden deep in the uncharted mountains of Tibet. In their extraordinary adventure, the travelers are transformed as they shed the trappings of their former day-to-day lives and reach greater spiritual and intellectual understanding of themselves and the world.





It is said there is a fairyland beneath the colorful clouds of southern China. A place blessed with fresh air, clear streams, breathtaking snow-capped mountains, and an undisturbed landscape inhabited by a friendly group of people. Life in this fairyland is so peaceful, a fairyland called Lijiang, located at the hub of Tibet, Yunnan and Sichuan provinces.

While the geographical position of Lijiang City is remote, it has the advantage of ensuring a pleasant year round climate and a wide variety of tourist resources in the 20,600 square kilometers area. The earliest recorded history of Lijiang can be traced back to the Warring States Period (476 BC-221 BC) but with the advent of the Tang Dynasty (618-907), the local economy reached a peak with the development of the Ancient Tea-Horse Road which made a great contribution to both commercial and cultural communication between Tibet, Sichuan and Yunnan provinces.

Lijiang Old Town Lijiang has the best preserved ancient town in China - the Old Town which has been listed in the World Cultural Heritages by UNESCO in 1997. The Old Town was once the center of Lijiang and continues to maintain the original flavor of the local lifestyle, the typical groups of buildings and the profound cultural heritage of the region.. Around Lijiang, there are a number of splendid natural beauty spots that will certainly astonish you. If you like to see superlative natural scenery, Jade Dragon Snow Mountain which provides a majestic backdrop to the Moon-Embracing Pavilion at Black Dragon Pond will fulfill your desire.

Program Details:

Day 01 - Singapore / Kunming / Diqing - Colours of Angsana Gyalthang Dzong (B/L/D)
MU750 SIN/KMG 0315/0640 MU5935 KMG/DIG 1735/1835

Depart Singapore Changi Airport to Kunming by China Eastern Airlines in the early morning flight. Upon arrival into Kunming, you will be meet and greet by the English-speaking guide and transfer you for your breakfast. After breakfast, we will proceed with the half-day city tour with late lunch. We will visit the West Mountain Dragon Gate and Green Lake. After Tour, you will be transfer back to Kunming Airport for your connection flight into Diqing, departing at 1735hrs. Upon arrival into Diqing airport, our representative will be awaiting for you at the airport and transfer you to Gyalthang Dzong for your nite stay (~20mins). After check-in, dinner will be served in the resort restaurant.

Day 02 - Gyalthang Dzong (B/L/D)

Rise and shine with your morning Yoga activities. After breakfast, we will visit the Old Town of Gyalthang Dzong with lunch. After Lunch, we will return back to resort to rest and Yoga activities. Tonight, we will have the famous Hot Pot dinner with cultural show.

Day 03 - Gyalthang Dzong (B/L/D)

Rise and shine with your morning Yoga activities. After breakfast, we will visit Songzanlin Lamasery (~04hrs), the largest Tibetan Buddhist lamasery in Yunnan Province and one of the 13 famous monasteries of Tibetan Kham. The monastery was built in 1674



with the support of the Fifth Dalai Lama and Emperor Kangxi. In the Qing Dynasty, Emperor Yongzheng gave it a Chinese name - Guihua Lamasery. Occupying an area of 33.3 hectares, Songzanlin was built in the style of Potala Palace in Lhasa and hosts many precious cultural treasures. This tour includes a visit of the Main Prayer Hall and a chance to receive blessings from the High Lama, who occasionally bestows Tibetan Blessing Scarfs - Khada - on pilgrims and visitors. After lunch, we will return to resort to rest and your afternoon Yoga activities. A choice of dinner either inside the resort or in local restaurant with return transfer.

Day 04 - Gyalthang Dzong - Lijiang Town (B/packed Lunch/D)

Rise and shine with your morning Yoga activities. After breakfast, we will checkout and proceed with our tour to Lijiang. This scenic drive takes us about 8-9hrs, through the villages of the Yi people who are synonymous with their signature large black hats. Visit the world's deepest gorge, Tiger Leaping Gorge, which lies between Jade Dragon Snow Mountain and Haba Snow Mountain of. The drop from its peak to the bottom of the river valley is over 3500meters, which is 1800 meters more than the drop from the Grand Canyon in the United States. Drive along the Yangtse River through magnificent valleys of wheat fields, tobacco and haystacks. Bring this journey back in the time machine to a close with a delicious packed lunch and walk to the famous waterwheel entrance of the town. We will check into Banyan Tree Lijiang for the night stay. Dinner will be served inside the resort restaurant. Rest of the evening free at own leisure.

Day 05 - Lijiang (B/L/D)

Rise and shine with your morning Yoga activities. After breakfast, we will visit the famous Dayan Old Town (~04hrs). Explore the fascinating alleyways and evocative labyrinth of cobblestone paths of Dayan old town - a well-preserved UNESCO site. Walk through the atmospheric old streets, where stately canals, flowering willow trees and Naxi-styled houses jostle for space with travelers in search of sheer architectural splendor. We will try the local delicacies for our lunch today. After Lunch, return to Resort to rest and for Yoga Activities until dinnertime. We will have a local dinner in Lijiang Town restaurant.

Day 06 - Lijiang - Kunming - Singapore (B)

MU 5950 LJG/KMG 1750/1840hr

MU749 KMG/SIN 2240/0215hr +1

Rise and shine with your morning Yoga activities. After breakfast, free at own leisure till your airport pick-up transfer around 2.45pm. We will first fly into Kunming and change to another flight connecting back to Singapore. Home Sweet Home.

Departing from Singapore (include air ticket SIN-KMG-LJG)

<i>Itinerary</i>	<i>Twin Share</i>	<i>Single</i>
6 Day 5 nights	SGD 4100 per person	SGD 5100 per person

Departing from other country (Land Tour Only)

<i>Itinerary</i>	<i>Twin Share</i>	<i>Single</i>
6 Day 5 nights	USD 2300 per person	USD 3000 per person



Package inclusive of:

- 01 half-day city tour in Kunming with Breakfast, Lunch and transfer back to Kunming airport to Diqing.
- 01 way Airport transfer from Diqing Airport to Gyalthang Dzong. (~20min)
- 03 Nights accommodation at Gyalthang Dzong with 03 Breakfasts at Deluxe room.
- 01 Set Dinner at Gyalthang Dzong Resort, 01 Hot Pot Dinner with Cultural Show & 01 Dinner in resort or in town.
- 01 Lunch in Gyalthang Dzong Old Town Tour (~03-04hr).
- 01 Lunch in Gyalthang Dzong Half-day Tour to Songzanlin Lamasery (~03-04hr).
- 01 Packed Lunch in Tour to Lijiang, departing from Gyalthang Dzong (~08-09hr).
- 02 Nights accommodation at Banyan Tree Lijiang Garden Room with 02 breakfasts.
- 01 Set Dinner in Banyan Tree Lijiang Restaurant upon arrival.
- 01 Dinner at Lijiang local restaurant with return transfer.
- 01 Lunch in Lijiang in Half-day Dayan Old Town Tour (~03-04hr).
- 01 way transfers from Bayan Tree Lijiang to Lijiang Airport (~01hr).
- English Speaking guide with entrance fees to the sightseeing destination.
- Transfers and meals as per indicated in the itinerary.
- Group Travel Insurance. Coverage Medical S\$1000 & Death S\$20,000.

Package exclusive of:

- Additional Drinks during the meals (only Chinese Tea will be provided during the meals)
 - Travel Insurance.
 - Personal expenses.
 - Laundry Services.
 - Room Services.
 - China Visa Application, if required. (Singaporeans may enter into China 15 days without a visa)
 - Tipping for Tour Guide and Driver (suggest S\$ 4.00 per person per day)
 - Any other items not mentioned in Package inclusive of.
-



Registration Form
Yoga Holiday at Lijiang, China
20 July to 26 July 2008

Please note that registration will need to be accompanied with SGD 2500 or USD 1500 as deposit to be confirmed. July is a peak period travel to Lijiang. Early booking will ensure a flight. (There is no direct flight to Lijiang and all will need to transit at Kuming. This makes flight booking even more challenging)

Your flight will be booked immediately upon payment of deposit. Should there be cancellation; refund of the flight cost will be based on the airline terms and conditions.

Name :	(First)	(Last)
Address:		
Tel :		Mobile:
Email:		
Date of Birth:		Nationality:
Passport Number:		Expiry Date:
Do you require a visa to go Bangkok? Y / N		
In case of emergency, please indicate contact person: Name:		Contact No:
Meal Requirements : Veg / Non Veg / Special (please indicate)_____		
Do you want the same request for flight? Y / N		
Room Request :		
Twin Sharing	<input type="checkbox"/>	<input type="checkbox"/>
Single	<input type="checkbox"/>	<input type="checkbox"/>
Form of Payment		
Please make cheques payable to : Yoga In Asia Pte Ltd		
Mail to : B 112 C'wealth Cres # 08-312 Singapore 140112		
Bank Transfer:		
Account Name : Yoga In Asia Pte Ltd		
Bank Account Number : 527 71 3333 001		
Bank Name : OCBC Bank		
Bank address: Blk 130 Jurong East St 13 #01-235 S(600130)		
Contact no: 64383333		
Swift code: OCBCSGSG		



Visa Application:

All Singaporeans do not need visa for 15 days into China. Please check with Worldwide Honey if you need a visa based on the passport you hold. Please contact:

Joanna Ong

WORLDWIDE HONEY TOURS PTE LTD

111 North Bridge Road,

#02-36 Peninsula Plaza,

Singapore 179098

DID: (65) 6339 1724

TEL: (65) 6738 2955

FAX: (65) 6738 3677

E-MAIL: joanna_ong@worldwidehoney.com or spa@worldwidehoney.com

WEBSITE: www.worldwidehoney.com

Contact:

Victor Chng

Mobile : 65 98260088; Fax : 65 64725814; info@yogainasia.com; www.yogainasia.com

I verify that I have read and accepted all terms and conditions of this trip.

Signature

Date