



GUEST ITINERARY

CURATED CHINA JOURNEY
Dragon Discover


Shanxi


10 Days 9 Nights

Mind-Body Wellness Reset


BEFORE YOU GO


Key Travel Prep


 Please book your own international flights, plus the domestic flight or train to Jincheng (Jincheng has no airport — Taiyuan Wusu and Changzhi Wangcun are the nearest options).


 Travel accident insurance is included. We recommend supplemental medical and evacuation coverage for international travel.

See the full "Prepare for Travel" section later in Before Booking.

 Please arrange your own mobile data plan before departure.

 Check visa requirements for your destination before booking.

 Bring any personal prescriptions needed.

 The food-as-medicine course shapes the daily menu — please tell us about allergies, restrictions, or strict dietary needs at booking so the kitchen can plan ahead.

Overview

Ten days at a lakeside retreat in southeastern Shanxi — a structured weight-management and mind-body course, not a sightseeing route.

Mornings open with a meridian-clearing warm-up and a slow lake-loop jog. Each day then turns to a different chapter of the wellness arc: science of weight management, aerobic technique, strength and metabolism, food-as-medicine, and three sessions on emotion management running across Days 6, 7 and 8 — paired with TCM herbal-tea meditation, mindful lake walking, group reflection, and quiet evenings. Two days break the rhythm with intangible-heritage culture: paper cutting in week one, Jin embroidery and the Beizhuang eight-tone music ensemble in week two. The journey closes with a closing ceremony, a half-day visit to the Iron Buddha Temple's Ming-dynasty deity sculptures, and a stop at the new Tsai Chih-chung Art Museum before the drive back to the airport.

Trip Snapshot

Accommodation

9 nights at one lakeside retreat in Jincheng. Choose a boutique room or a yaodong cave-courtyard room at booking.

Airport Transfers

Airport transfers are not included. Meet at the retreat property in Jincheng. The tour ends at the same location.

Guide & Transport

Bilingual guide on-property throughout. Private vehicle for the Day 9 cultural drive. Specialist instructors.

Meals

27 included meals: 9 breakfasts, 9 lunches, 9 dinners. The kitchen builds each menu around the day's lesson.

Signature Experiences

Course curriculum, lake-loop jog, paper cutting, Jin embroidery, eight-tone folk music, TCM zen-tea, campfire night.

Trip Style

A structured retreat course, not a touring trip. One property, fixed rhythm, comfortable pace, quiet evenings.

Where You'll Stay

Scenic Stay

Jincheng Lakeside Retreat

9 Nights

All nine nights at the same property — quiet lakeside grounds in southeastern Shanxi, with a running loop along the water and the wellness studios a short walk from the rooms. Choose a modern boutique room or a themed yaodong (cave-courtyard) room at booking; the difference is in style and atmosphere, not service tier.

Itinerary

Day 1 — Arrival & Settling In

Arrive in Jincheng at your own pace and make your way to the **retreat property** by the lake. The team welcomes you on arrival, walks you through the daily rhythm of the next ten days, and gets you settled into your room — the choice between a **modern boutique room** or a **themed cave-courtyard (yaodong) room** is set at booking.

The rest of the day is unscheduled. Take a slow walk around the lake, rest from the journey, and let the time-zone lag start to ease.

Dinner is the only included meal today — a light, easy welcome supper that introduces the kitchen's **food-as-medicine** approach without front-loading anything heavy on the first night.

Day 2 — Opening Day & Science of Weight Loss

🌟 Lake-Loop Jog Science of Weight Loss Group Meditation +1 more

Morning starts with a **meridian-clearing warm-up** — slow movements designed to open the body's circulation channels — followed by a **lake-loop jog** at an easy pace around the property. Walk it if you prefer; the goal is to start the day in motion, not to push.

Custom low-fat breakfast follows, balanced for energy and the day's calorie target.

The core session today is the **Science of Weight Loss** — a structured lesson that unpacks the most common misconceptions and lays out the evidence-based framework the next eight days will build on. A short **mind-body balance session** closes the morning, helping body and mind settle into the same rhythm.

Lunch and afternoon move into **group discussion and Q&A**, then a **guided meditation** to ease first-day nerves.

Dinner, then an **interactive massage session** in the evening — a hands-on introduction to muscle release that helps you sleep through the schedule shift.

Day 3 — Aerobic Day & Paper-Cutting Workshop

🌟 Aerobic Training Paper-Cutting Workshop Mindful Lake Walk +1 more

The morning routine continues — **meridian-clearing warm-up** and **lake-loop jog** at the same easy pace. By Day 3 the loop starts to feel familiar, which is the point.

Scientific nutrition breakfast follows, sized for an active day.

The core session is **Aerobic Training for Weight Loss** — efficient fat-burning technique, heart-rate zones, and the kind of cardio that holds up after the retreat ends. The **mind-body balance session** afterwards adds coordination work to bank the gains.

The afternoon shifts into culture with a **paper-cutting workshop** (*jianzhi*) — a heritage-trained Shanxi instructor walks the group through symmetry, fold patterns, and the symbolism behind common motifs. You make and keep your own piece.

In the evening, a **mindful lake walk** closes the day — slower than the morning loop, attention-led rather than paced, designed to clear the head before sleep.

Day 4 — Strength Day & Music Therapy

✦ Strength Training

Music & Dance Therapy

+1 more

Same morning rhythm — **meridian-clearing warm-up** and an easy **lake-loop jog**.

Custom protein-rich breakfast sets up the day's strength work — fuel for muscle repair and metabolic recovery.

The core session is **Strength Training for Weight Loss** — technique-focused work on the lifts and movements that raise resting metabolic rate. The session is led, not solo; guests at any starting fitness level are paired with appropriate loads. The **mind-body balance session** follows to release post-training tension.

Lunch is built around recovery nutrition.

The afternoon turns to **group sharing and meditation** — a chance to debrief the morning's effort, talk through how it landed, and reset the nervous system before evening.

The evening shifts emotional gears with **music and dance therapy** — guided movement to rhythm, designed to release whatever the body is still holding from the day's work. It is not performance, and no dance experience is needed.

Day 5 — Food as Medicine & Heritage Culture

✦ Food as Medicine

Jin Embroidery Workshop

Beizhuang Eight-Tone Music

The morning routine continues — **meridian-clearing warm-up** and **lake-loop jog**.

Breakfast today is **food-as-medicine themed** — the kitchen pairs ingredients with the morning's lesson so you taste the principle as you learn it.

The core session is **Food as Medicine** — pairing rules, seasonal ingredient logic, and the dietary principles that anchor the rest of the curriculum. The **mind-body balance session** afterwards focuses on movements that support digestive function.

The afternoon belongs to intangible-heritage culture — first a **Jin embroidery workshop** (*jinxiu*) with a Shanxi craft master, then an evening with the **Beizhuang eight-tone music ensemble** (*bayinhui*) — a 700-year-old southeastern Shanxi folk-music tradition on the national intangible heritage list — and the local **hobby-horse dance** (*zhumawu*) that travels with it. The village ensemble brings the music and the dance to the property; you watch, listen, and join in where the format invites it.

The evening is left open afterwards — quiet rest at your own pace once the cultural programme winds down.

Day 6 — Emotion Management I & Lake Walking

✦ Emotion Management

Group Meditation

Mindful Lake Walk

Same morning open — **meridian-clearing warm-up** and **lake-loop jog**.

Breakfast today is **mood-regulating themed** — ingredients chosen for their calming effect, again paired with the lesson coming next.

The core session is **Awakening the Self & Emotion Management I** — the first of three modules on stress, with practical work on identifying triggers and using basic regulation techniques. The session draws an explicit connection between emotional state and weight management — a thread the next two days will deepen. The **mind-body balance session** works with the breath to discharge what comes up.

Lunch is followed by a **group discussion and meditation** — quieter than the earlier days, more inward.

The evening is a **mindful lake walk** — same path as the morning jog, different attention. The setting does the work: water, trees, slowed breathing, settling thoughts.

Day 7 — Emotion Management II & TCM Zen-Tea

✦ Emotion Management

TCM Zen-Tea Meditation

+2 more

Meridian-clearing warm-up and **lake-loop jog** open the day.

Breakfast today is **TCM-themed** — dampness-clearing and spleen-supporting ingredients chosen to align with the afternoon's TCM session.

The morning's core session is **Awakening the Self & Emotion Management II** — deeper work on processing and releasing emotional patterns that everyday routines paper over. The **mind-body balance session** afterwards uses paired-movement work to anchor the body in the same change.

The afternoon's centrepiece is the **TCM zen-tea meditation** (*chancha*) — a Traditional Chinese Medicine practitioner pairs slow tea drinking with three classical TCM principles: clearing dampness (*qushi*), supporting the spleen (*jianpi*), and regulating qi flow (*liqi*). The session is observational, sensory, and educational rather than clinical — no needles, no strong herbs, no diagnosis.

The evening is left unscheduled, so the body has time to settle the work the tea began.

Day 8 — Emotion Management III & Closing Campfire

✦ Emotion Management

Closing Campfire

Same morning rhythm one last time — **meridian-clearing warm-up** and **lake-loop jog**. By Day 8, the loop is no longer about effort. It is about marking the eight mornings.

Breakfast is the **review-week menu** — balanced rather than themed, the kitchen letting the curriculum settle.

The morning's core session is **Awakening the Self & Emotion Management III** — the final module, focused on consolidating the techniques and translating them into habits that travel home with you. A long **mind-body balance session** threads the body through the whole eight-day arc.

The afternoon is **group review and personal reflection** — what you came in with, what shifted, what you want to keep.

The evening is a **closing campfire** — informal, warm, the group together one more time before the schedule loosens. Music if anyone wants it. Quiet otherwise.

Day 9 — Closing Ceremony & Heritage Drive

📍 Iron Buddha Temple

Tsai Chih-chung Art Museum

🌟 Closing Ceremony

Final morning lakeside — **meridian-clearing warm-up** and a slower **lake-loop walk** to mark the closing day.

Breakfast today is the **graduation menu** — balanced for both the morning's emotional weight and the day's travel ahead.

The morning's **closing ceremony** is structured but unhurried — outcomes shared, individual takeaways noted, the nine-day arc wrapped formally. It is the official end of the course.

The afternoon turns to a **heritage drive** — the only sightseeing on the trip. The first stop is the **Iron Buddha Temple** (*Tiefosi*) in nearby Gaoping, a national-treasure-grade temple hidden in a village outside Jincheng. The temple is famous for its **twenty-four Ming-dynasty deity sculptures** — painted-clay figures that vary in expression from calm and refined to fierce and imposing, considered some of the most expressive temple statuary in China.

The second stop is the new **Tsai Chih-chung Art Museum** — opened in 2024, a 55,000-square-metre cultural complex showcasing seven decades of work by the Taiwanese cartoonist who turned Chinese philosophy into manga. The museum is the world's largest collection of his work, with more than 300 originals on display.

Return to the property in the evening with light luggage already packed.

Day 10 — Departure

A final breakfast at the property and a relaxed morning to finish packing.

Lunch is the last included meal. After lunch, a private vehicle takes you to your chosen airport — **Taiyuan Wusu** for most international connections, **Changzhi Wangcun** if your routing prefers it, or to **Jincheng East** high-speed rail station for an onward train.

Your guide sees you off at departures.

Before Booking

✓ What's Included

Transport — Daily ground transport for off-property activities and the Day 9 cultural drive, by private vehicle. Note: airport transfers between your inbound airport and the retreat property are not included; see Booking Options and FAQ.

Guide — Bilingual guide and dedicated retreat instructors for movement, nutrition, emotion-management, and TCM sessions.

Accommodation — 9 nights at a single lakeside retreat property in Jincheng, choice of a modern boutique room or a themed cave-courtyard room (yaodong) at booking.

Meals — 27 included meals across the retreat: 9 breakfasts, 9 lunches, and 9 dinners, all designed around the daily food-as-medicine theme.

Entrance Fees — All scheduled sites, including the Iron Buddha Temple and Tsai Chih-chung Art Museum on Day 9.

Experiences — Daily lake-loop jog and meridian-clearing warm-up, mind-body balance sessions, the full course curriculum (science of weight loss, aerobic, strength, food-as-medicine, three emotion-management modules, TCM zen-tea meditation), paper-cutting workshop, Jin embroidery workshop, Beizhuang eight-tone music and hobby-horse dance interaction, music and dance therapy, mindful lake walks, group meditation, and a closing campfire night.

Insurance — Travel accident insurance included for the full duration of the retreat.

Pricing Promise — Everything in the itinerary is included in the tour price. Optional packages and room choices, if any, are shown clearly before payment. No hidden on-trip charges.


+ Booking Options


Room Choice — Select either a modern boutique room or a themed cave-courtyard (yaodong) room at booking. The two options are different in style, not service tier; pricing is the same.

Single-Room Supplement — A single room is available for the full 9 nights at an additional charge. Select when booking.


Everything in the itinerary is included in the tour price. No paid activity packages apply to this route.


Prepare for Travel


 Please book your own international flights, plus the domestic flight or train to Jincheng (Jincheng has no airport — Taiyuan Wusu and Changzhi Wangcun are the nearest options).


 Travel accident insurance is included. We recommend supplemental medical and evacuation coverage for international travel.


 Please arrange your own mobile data plan before departure.


 Check visa requirements for your destination before booking.

 Bring any personal prescriptions needed.

 The food-as-medicine course shapes the daily menu — please tell us about allergies, restrictions, or strict dietary needs at booking so the kitchen can plan ahead.

 Most scheduled venues accept international credit cards. For smaller shops, please have local cash or a local mobile payment app ready.

 Comfortable pace with daily light cardio. The morning lake-loop jog is gentle and optional — guests may walk it instead. No high-altitude or strenuous hiking days.

 Jincheng sits on the Taihang foothills with cold dry winters, mild springs, warm summers, and crisp autumns. Pack athletic wear for the daily movement sessions plus light layers; the property provides yoga mats and equipment.

? FAQ

Where does the tour start and end?

Starts and ends in Jincheng. Airport transfers are not included. Meet at the retreat property in Jincheng. The tour ends at the same location.

How do I get to Jincheng?

Jincheng has no airport, so most international guests fly into Beijing or Shanghai and then connect onward. The two nearest airports to Jincheng are Taiyuan Wusu (TYN), about a 2-hour drive away, and Changzhi Wangcun (CIH), about a 1-hour drive away. There is also a high-speed rail station in Jincheng with direct trains from Beijing (about 4 hours), Zhengzhou, and Xi'an. Tell us your arrival plan when booking and we will help you align the timing with the start of the retreat.

How is this different from a normal sightseeing tour?

It is structured as a course rather than a route. All 9 nights are at the same lakeside property, the daily rhythm repeats (morning warm-up, lake-loop jog, breakfast, lesson, interactive afternoon, recovery evening), and the curriculum runs from Day 2 through Day 8. Sightseeing happens only on Day 9, when the group visits the Iron Buddha Temple and the Tsai Chih-chung Art Museum on the way out. If you want a touring trip with multiple cities, this is not the right product.

How physically demanding is the daily routine?

Comfortable. The morning lake-loop jog is slow and optional — guests can walk it. The mind-body balance sessions are low-impact and led by an instructor. The strength session on Day 4 is technique-focused, not high-load. There are no altitude, hiking, or endurance days. The retreat is designed for adults at any normal fitness level who want to reset their habits over ten days.

What does the food-as-medicine theme mean for meals?

The kitchen builds each day's menu around that day's course topic — protein-forward on the strength day, anti-inflammatory ingredients on the emotion-management days, dampness-clearing herbs on the TCM day. Portions are sensible rather than restrictive. Dishes are recognizable Chinese home cooking adjusted for the wellness arc, not stripped-down 'diet food'.

What does the TCM zen-tea meditation involve?

On Day 7, a Traditional Chinese Medicine practitioner pairs zen-tea drinking (*chancha*) with three TCM principles —

clearing dampness, supporting the spleen, and regulating qi flow. The session is slow, observational, and educational. It is not a clinical treatment, and it does not involve needles or strong herbs.

What intangible-heritage experiences are included?

Three of them, woven into the schedule rather than treated as add-ons. On Day 3, paper cutting (*jianzhi*) with a heritage-trained instructor — you keep what you make. On Day 5, Jin embroidery (*jinxiu*) with a Shanxi craft master, plus an evening session with the Beizhuang eight-tone music ensemble (*bayinhui*) and the local hobby-horse dance (*zhumawu*) — the village brings its 700-year folk-music tradition into the property. On Day 9, the cultural drive stops at the Iron Buddha Temple, famous for twenty-four expressive Ming-dynasty deity sculptures.

What is the cancellation policy?

Our cancellation and refund policy is tiered based on how far in advance you cancel. Full details at [Terms & Conditions](#).

Should I book pre/post-tour accommodation?

Day 1 is arrival and check-in only — guests can land in Jincheng any time during the day, since dinner is the only included meal. Day 10 is a departure day with breakfast and lunch, then the drive to your nearest airport.

Can I fly a drone during the tour?

China requires all drone operators (including foreign visitors) to register with the CAAC before flying. Many heritage sites are no-fly zones. The Iron Buddha Temple visit on Day 9 is one of them. Tell your guide in advance if you plan to bring a drone.

Which currency is most widely accepted on this tour?

Local expenses in China are usually handled in RMB. International bank cards work in larger venues, but mobile payment is dominant in smaller shops and markets.

Local Names

Jincheng jin-CHUNG

The retreat's home city — a quiet Taihang-foothills town surrounded by national-treasure ancient temples

Yaodong yow-DONG

Traditional Shanxi dwelling carved or built into a hillside — one of the two room styles offered at the retreat

Jianzhi jee-EN-jih

Day 3 workshop — the symmetry-and-fold tradition behind the red window decorations seen across China

Jinxiu jin-SHYOH

Day 5 workshop — Shanxi's distinctive embroidery style, recognised on Chinese intangible-heritage lists

Bayinhui bah-YIN-hway

A 700-year-old southeastern Shanxi folk-music tradition — drum, gong, cymbal, flutes and pipes performed together

Zhumawu joo-mah-WOO

Local folk dance that travels with the eight-tone music — bamboo horses tied at the waist, festive and grounded

Chancha chahn-CHAH

Day 7 TCM session — slow tea drinking paired with classical principles of dampness-clearing, spleen-supporting, and qi regulation

Tiefosi tee-EH-foh-sih

Hidden in a Gaoping village outside Jincheng — twenty-four Ming-dynasty painted-clay deity sculptures