

Western Oregon University: Study Abroad in China

Applications of Traditional Chinese Medicine

Summer 2015: July 24th – Aug 26th

WOU Contact Information: Professor Patricia Flatt, Department of Chemistry. Email: flattp@wou.edu Phone: (503)838-8644

Organizer: Chen Style Tai Chi Centre and Xiangtan Chinese Medical Organizations in China

Duration: 24th July 2015 - 26th August 2015

Senior Instructor: Grandmaster Liming Yue. Phone: (0086 - 13762244543)

Guest Teachers and Masters in China:

Chinese Massage Doctor - Principal Doctor Liu Diyun from local Hospital

Chinese Acupuncture Doctor - Dr. Li Guangjie from local Hospital

Chinese Herbal Doctor - Dr. Jin Yulei from a private Clinic

Tai Chi Master - Kuang Wenhua from local Tai Chi Centre

Chinese Language Tutor - Professor Chen Lin from University of Xiangtan

Chinese Calligraphy and Painting - Master Jin Jiayi

Shen Gong Grandmaster - Li Zhiyi

Tai Chi Grandmasters - Chen Zhenglei and Chen Yu

Wudang Taoist Master - Limin Yuan

Additional training, grading and competition fees:

\$55.00 per person covers three hours training with Grandmaster Chen Yu on Chen Style Tai Chi Form and Application;

\$70.00 per person covers Chinese Health Qigong Duan Wei Grading and Application;

\$55.00 per person covers three hours training with Daoist Master Limin Yuan on Form and Application;

\$170.00 per person covers 3 nights of Shen Gong training with Grandmaster Li Zhiyi.

Chinese Traditional Medicine Studying with Tai Chi and Qigong Training

This is a very exciting program which is set up for those people who are interested in studying Traditional Chinese Medicine (TCM). There is no medical background knowledge needed for this program and it is open to all. This study can also lead to a Chinese Tuina (massage) certificate study for those people who may be interested at additional cost upon request.

- Features of the coursework will include:
 - Introduction to Chinese Language and Culture: Learn some basics in daily Chinese conversation and an introduction to Chinese calligraphy and culture
 - Chinese Medicine and Materia Medica:
 - History and development of TCM
 - How Chinese medicine understands the nature of the human body and disease states
 - Disease diagnosis
 - Components of Chinese material medica and common formulae (use and preparation of Chinese herbs)


- If there is a local medical garden, it would be great to have a field trip to the location or to a local pharmacy where herbal preparations are being made.
- Acupuncture and Tuina
 - Main contents to include needling techniques, moxibustion, cupping, and common tuina manipulations
 - We would like students to be able to experience the amazing power of these applications during the learning process
- Clinical applications of Traditional Chinese Medicine
 - Application and integration of Chinese and Western medicine in modern society.
 - Possibly visit affiliated hospital to understand the application of Chinese medicine in a modern hospital setting.
- Preventative Healthcare Strategies
 - Introduction to life-nurturing strategies that help improve wellness and quality of life, including qigong, common diet practices, cosmetology and foot reflexology massage.






Tai Chi and Qigong practice will be fitted into our schedule during the stay and early morning practice in the park will be a popular activity. In addition to studying TCM in Xiangtan, the trip will include visiting many of the incredible attractions in China, such as Beijing, Zhengzhou, Shaolin Temple, Tai Chi village, Wudang mountain, Zhangjiajie Forest Park, and Xi'an City (Terracotta Army). Introductory lessons in Mandarin and Chinese calligraphy will be included, and there will be a focus on learning about the history and philosophies of China. All Tai Chi and Qigong training with Master Liming Yue is covered during the Trip and additional training with Grandmasters is available at extra cost.





Trip Itinerary:

(This is the proposed itinerary - the final schedule to be confirmed prior to departure)

Date	Activities	Accommodations
Day 1 -25th July, Saturday	<p>Arrival in Changsha airport and we will pick you up at the airport then check in the hotel. (Flight needs to depart July 24th to arrive in Changsha on the 25th)</p> <p>Opening ceremony and dinner in the evening.</p>	<p>Xiangtan city Huayu Hotel (4 star) No.68 Jianshe South Road, Xiangtan 411102, China</p>   <p>Breakfast-Lunch-Dinner Provided</p>
Day 2, Sunday	<p>Chinese Medicine and Material Medical: History and development of TCM;</p> <p>Introduction to Chinese Language and Culture: Learn some basics in daily Chinese conversation and an introduction to Chinese calligraphy and culture (These studies will carry out all way through the stay along with some entertaining as</p>	<p>Xiangtan city Huayu Hotel 4 star</p> <p>Breakfast-Lunch-Dinner Provided</p>

	well.)	
Day 3	How Chinese medicine understands the nature of the human body and disease states	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 4	Disease diagnosis method study	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 5	Components of Chinese material medica and common formulae (how to use and preparation of Chinese herbs)	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 6	Visit a local medicine garden and Chinese pharmacy where herbal preparations are being made.	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 7-9	<p>Acupuncture and Tuina</p> <ul style="list-style-type: none"> ○ Main contents to include needling techniques, moxibustion, cupping, and common tuina manipulations ○ Students will be able to experience the amazing power of these applications during the learning process ○ This study can also lead to a Chinese Tuina (massage) certificate study for those people who may be interested at additional cost upon request. 	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 10	<ul style="list-style-type: none"> ○ Preventative Healthcare Strategies <ul style="list-style-type: none"> ▪ Introduction to life-nurturing strategies that help improve wellness and quality of life, including qigong, common diet practices, cosmetology and foot reflexology massage. 	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 11	<p>Clinical applications of Traditional Chinese Medicine</p> <ul style="list-style-type: none"> ○ Application and integration of Chinese and Western medicine in modern society. ○ Visit affiliated hospital to understand the application of Chinese medicine in a modern hospital setting. 	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 12	Examination and presentation of participant certificate of completion of training and study. Additional Massage certificate will also be issued on the day as well.	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided
Day 13	<p>local sightseeing and entertaining – Xiangtan is an ancient city with a history of over 1,500 years.</p> 	Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided

Day 14	<p>Tai Chi and Qigong Training. Preparation for martial arts demonstration and ceremony for Day 15.</p> 	<p>Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided</p>
Day 15	<p>Great Event with local martial arts people and media group. We will take part in the event so please dress up well and show your best to the TV and newspaper. That will be a most valuable lifetime memory!</p>	<p>Xiangtan city Huayu Hotel 4 star Breakfast-Lunch-Dinner Provided</p>
Day 16 9th August	<p>Take coach to Zhangjiajie Forest Park in the morning and sightseeing in the Yellow Dragon cave in the afternoon then check in the hotel.</p> 	<p>Gezihua (4 star standard) No.1 Yingbin South Road, Yongding District, Zhangjiajie 427000, China Breakfast and Dinner Provided; Lunch on your own</p> 
Day 17	<p>Sightseeing and practice Tai Chi and Qigong in the Forest Park during the day, additional Shen Gong taining with Grandmaster Li in the evening is available upon request.</p> 	<p>Gezihua (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>
Day 18	<p>Sightseeing and practice Tai Chi and Qigong in the Forest Park during the day, additional Shen Gong taining with Grandmaster Li in the evening is available upon request.</p> 	<p>Gezihua (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>

Day 19	<p>Sightseeing and practice Tai Chi and Qigong in the Forest Park during the day, additional Shen Gong taining with Grandmaster Li in the evening is available upon request.</p> 	<p>Gezihua (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>
Day 20	<p>Visit TianMenShan mountain and practice Tai Chi and Qigong during the day</p> 	<p>Gezihua (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>
Day 21	<p>Take coach to Wudang mountain in the morning and arrival in the afternoon; Check in the hotel then practice Tai Chi and Qigong in the evening.</p> 	<p>Qiong Tai Hotel (4 star standard on Wudang Mountain) Breakfast and Dinner Provided; Lunch on your own</p> 
Day 22	<p>Visit Wudang mountain and additional training with the taoist monks is available upon request for an extra fee.</p>	<p>Qiong Tai Hotel (4 star standard on Wudang Mountain) Breakfast and Dinner Provided; Lunch on your own</p>



Day 23

Visit Wudang mountain and practice Tai Chi and Qigong during the day



[Qiong Tai Hotel](#) (4 star standard on Wudang Mountain)
Breakfast and Dinner Provided; Lunch on your own

Day 24

Take coach to Xian city in the early morning and arrival in the afternoon then sightseeing on the city protection wall. Free evening.



Xian Hotel (4 star standard)
No.58 Chang'an North Road, Beilin District, Xi'an 710061, China
Breakfast and Dinner Provided; Lunch on your own






Day 25

Take coach to visit Terracotta Army during the day then travel to Shaolin Temple hotel



Shaolin Temple Hotel (4 star standard)
Breakfast and Dinner Provided; Lunch on your own

<p>Day 26</p>	<p>Visit Shaolin Kungfu school and Shaolin Temple during the day</p> 	<p>Shaolin Temple Hotel (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>
<p>Day 27</p>	<p>Take coach to visit Tai Chi village in the morning then additional evening training with Grandmaster Chen Zhenglei is available upon request for an additional fee.</p> 	<p>Tai Chi International Hotel (4 star standard) Breakfast and Dinner Provided; Lunch on your own</p>
<p>Day 28</p>	<p>Take fast train to Beijing in the morning then visit Forbidden City and Tian An Men Square in the afternoon.</p> 	<p>Beijing Four Seasons Park Royal Hotel (5 star standard) Address: No.168-3 Hanhe North Road, Haidian District, Beijing, China 电话:(86-10)5932 5566-7209 (86-10)5932 5868</p> <p>Breakfast and Dinner Provided; Lunch on your own</p>
<p>Day 29</p>	<p>Tian Tan Park - Tai Chi and Qigong practice in the morning, additional training with Grandmaster Chen Yu in the afternoon. (extra cost ~\$55). Additional Shaolin Kungfu show is available in the evening upon request (extra cost ~\$55).</p>	<p>Beijing Four Seasons Park Royal Hotel (5 star standard)</p>

		 Breakfast and Dinner Provided; Lunch on your own
Day 30	Visit Great Wall during the day and training in the evening. 	Beijing Four Seasons Park Royal Hotel (5 star standard) Breakfast and Dinner Provided; Lunch on your own
Day 31	Visit Summer Palace and training during the day and free night for people who is interested in visiting the bar and night club area near Beihai Park  	Beijing Four Seasons Park Royal Hotel (5 star standard) Breakfast and Dinner Provided; Lunch on your own
Day 32, Aug 25th	Take flight back to home	Arrive USA next day Breakfast Provided