

China

少林寺

Meditation & Shaolin kung fu

Visit the legendary Shaolin monastery for a one-hour meditation session in the morning followed by two hours of kung fu training in the afternoon



A person wearing a white long-sleeved shirt is shown from the chest down, holding a black calligraphy brush with their right hand. They are writing on a piece of white paper that is placed on a yellow patterned surface. The brush is in the process of writing a character. The background is slightly blurred, showing more of the person's shirt and the surface they are writing on.

China

Mahjong & calligraphy workshop

Enjoy a beginner's course in the traditional strategy game called mahjong and learn the art of writing Chinese calligraphy



China

Torch festival

Join a peasant family in Yunnan to take part in this ancient ritual to ward off locusts and ghosts, and then create your own unique dongba T-shirt

China



Traditional Chinese medicine

Explore the TCM museum in Beijing University for a fascinating insight into traditional Chinese medicine and acupuncture to improve eyesight



China

Great Wall Champagne picnic

Hike through chestnut orchards and pine forests for a spectacular view of the Great Wall while savouring a Champagne picnic