



LINDEN CENTRE

A Family Dream Summer 2010

The Linden Centre offers the intrepid traveler a true immersion into one of the world's most storied cultures. Touch the 'old' China that is elusive to most visitors, and leave enriched for a lifetime.

Summer is a time of magic at The Linden Centre in the southwest Himalayas. The rains that blanket the southern regions of Vietnam, Laos and Thailand creep up the river gorges of Yunnan and occasionally bless our 7,000 foot high valley. The 14,000 foot Azure Mountains located just outside our complex come alive with colors, and the pristine waterfalls and creeks flow with renewed energy. The terraced rice fields reflect the deep blue skies, interspersed by pockets of yellow rapeseed and verdant tea bushes. Like the old hill stations of India, The Linden Centre offers a cool escape from the heat and humidity of the rest of Asia.



The Linden Centre opens its doors in the summer to families who are interested in learning more about the cultural roots of China. The Centre is a renowned upscale retreat opened by an American couple- Brian and Jeanee Linden- and reserves summers for special-priced learning programs for families. These programs enable guests

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to experience life in a rural Chinese village while participating in scheduled classes in subjects such as calligraphy, cooking, weaving and tie-dyeing, wood carving, martial arts, farming, fishing and language learning. The programs, which are consistent with the Lindens' mission to promote intercultural exchanges, are led by both Western and local Chinese mentors. Each day, guests will have a chance to participate in a different activity. Many afternoons will be free to use the Centre's bicycles to explore the Bai ethnic villages and the 35 mile long Lake Er shoreline.

The Linden Centre is housed in one of southwest China's most important cultural relics- the Yang Family Courtyard. A Type-A nationally protected building, the Centre has been converted into one of China's most unique bases of learning and relaxation. The summer program provides a carefully-planned balance of both. Come see the land of Eternal Spring, bask in the cool light of the southwest Himalayas, and explore together a culture thousands of years old while living in dynastic elegance. Many families from around the world have already experienced the Centre's intimate style of family living, and have left with memories a world apart. Come to your home away from home and experience the warmth and hospitality of Yunnan.



Details:

Summer 2010 Program Dates:

- ❖ June 13-19
- ❖ June 20-26
- ❖ July 4-10
- ❖ July 11-17
- ❖ August 1-7
- ❖ August 8-14

One week program cost: \$750 per person



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Fees include: Accommodations in double occupancy room, breakfasts and lunches at the Centre (dinners- both Western and Chinese can be ordered at the Centre or taken in Xizhou's local restaurants), all activities/classes, and free use of Centre's fitness area, high speed wireless internet and bicycles.

Pricing details: For this program only, we are not only offering a preferential rate over our other programming, but are also allowing children 6 years old or younger to stay complimentary! In our effort to encapsulate the perfect family summer, we felt strongly about attracting families from all over with our best possible price.

Additional activities to include at your leisure: Hike along Dali's Path of the Clouds, day-trip to the sacred Wei Bao Mountain, visit the Eryuan hot springs, golf at Dali's renowned mountain golf course, 2-day extension to World Heritage Site- Lijiang and/or Shangrila, and much more.

Sample Itinerary:

Sunday: Arrival in Dali. After pick-up at Dali/Xiaguan Airport, we will escort you alongside the stunning Lake Er, through the old city of Dali and the Three Pagodas, and up the fertile plain to The Linden Centre. After checking in, we will share refreshments in the cafe and take a short tour of the protected village of Xizhou.





We will visit the former Flying Tigers/Hump Airways radar station, the Temple of Great Mercy which housed Yale-in-China during WWII, and meet the village elder in his timeless courtyard home. Our first night's dinner is included and will be followed by an orientation session to prepare you for the coming week.

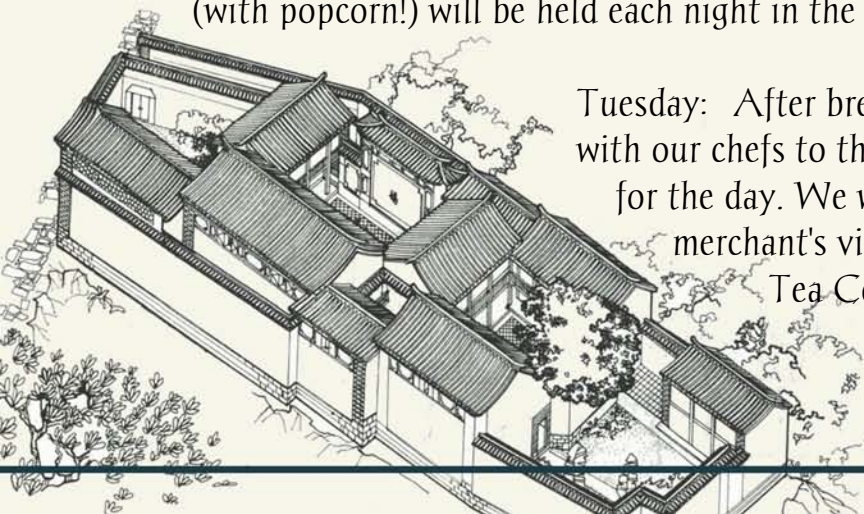
Monday: After a hearty Western and/or Chinese breakfast, including delicious Yunnan coffees and teas, we will travel north to the largest regional market in Shaping. This market happens every Monday and is a great introduction to the foods, crafts and antiques of the region. We will stop in the village temple that is now used for distilling grain and plum wines, and will climb into the attics of some of the ancient courtyards to shop for seldom-seen antiques.



Lunch will be held in a Bai restaurant and will be followed by a visit to the village kindergarten. Later in the afternoon, we will meet some of the week's mentors and learn about the history of the Dali region. Xizhou is known as the cradle of Bai ethnic culture, and was one of the leading centers for learning and commerce during the

powerful Nanchao and Dali Kingdoms (roughly 700-1250 C.E.). Movie nights (with popcorn!) will be held each night in the big-screen viewing lounge.

Tuesday: After breakfast, we will walk through Xizhou with our chefs to the local market to pick out our foods for the day. We will continue to a former merchant's villa to observe the traditional Bai Three Tea Ceremony. Later in the



day, we will learn how to play Mahjong and Chinese Chess. We also will take a horse-cart ride to the shores of Lake Er to visit the mysterious Ba Mu Si (Eight Mother's Temple) and meet the local living deity. A Chinese language class will be held in the library after dinner.

Wednesday: Today we will learn about the culinary traditions of the region. We will walk the fields to observe the farmers and learn to identify the various crops. We will return to work with our chefs to prepare the foods for lunch. After a Chinese and Bai language lesson, we will head to Xizhou's main square to make the famous Xizhou Pizza with the local chefs. The 'pizza' is something that can be made anywhere, and all guests will be going home with the recipe!

Thursday: We will focus on the healing arts of China today, and the morning will start with Taiji and meditation, followed by a lecture on the local healing arts by a Dali doctor. Acupuncture, herbal remedies, therapeutic teas and massage will all be discussed. In the afternoon, we will travel to old city of Dali for an afternoon of free time. For those who are interested, we will be able to drop in on the Traditional Medicine Hospital and observe the doctors at work. For others, the joy of walking the laid-back paths of Dali, stopping in the numerous bakeries, cafes, and boutiques, will be enough.

Friday: After a short morning introduction to the clothing and textile traditions of the valley, we will travel to one of the largest Bai villages, Zhoucheng. This is the center of the region's tie-dyeing arts and we will all create our own textiles to take home with us. The process starts with tracing a pattern onto the cloth. We will then sew the pattern into knots before dyeing the cloth in large barrels of indigo. We will pick the indigo leaves from the bushes and even have a chance to drink a





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tea made from the leaves that is said to have very special therapeutic qualities. For those who want to explore Zhoucheng, we will hike to the foot of the mountains to visit the local Benzhu temple. The Bai of the Dali Valley have deified former villagers who made a major impact on each respective village. Thus, each village has its own unique spiritual iconography, often appearing alongside Buddhist and Taoist gods. Zhoucheng also offers incredibly-priced textiles that make great gifts back home.

Our last dinner together will be held at the Centre (included in the price) and will be followed by a traditional music performance in the Centre's first courtyard.

Saturday: After breakfast, we will escort you back to the Dali airport for your return flights. For those who would like to stay longer or travel to Lijiang/Shangrila, we will arrange these plans according to each request.

For booking and reservations, please contact us via email or telephone:

Contact Info:

The Linden Centre

No. 5 Chengbei,

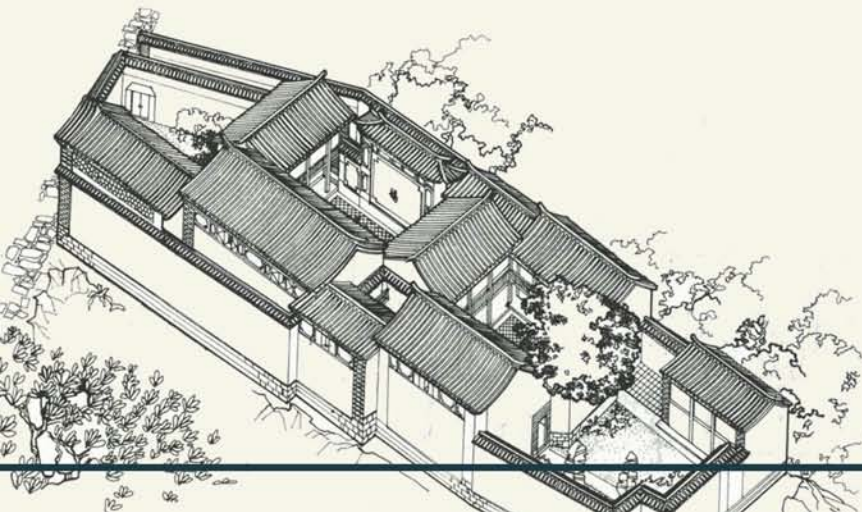
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