

HUA GONG - QI GONG

2010

with

ZHIXING WANG

in

Hotel Sol Meliá Las Canteras

Las Palmas de Gran Canaria

A wonderful opportunity for Qi Gong - Hua Gong students to combine Zhixing's teachings and treatments with a sunny Qi holiday.

ACCOMMODATION & RESERVATIONS

Herewith a list of selected hotels and apartments, at reasonable prices, around the beautiful beach of Las Canteras and near the Hotel Meliá where Zhixing's teaching takes place. They offer good service and provide different facilities. Before telephone, I would suggest checking first on Internet. Sometimes there are offer which also include flights.

| HOTELS | ADDRESS | Tel. | Fax: | Rooms in Euros | | | Web Page and/or e-mail | Stars |
|---------------------|--------------------------|------------------|--------|-------------------------|-----------------------|---------------------------|--|------------|
| | | | | Sing. | Doub. | Trip. | | |
| Meliá Canteras | Gomera 6 | 267600 268050 | 268441 | 89,5 Inc. Breakf. | 113 Inc. Breakf | 161,50 Inc. Breakf. | www.solmelia.com melia.laspalmas@solmelia.com | 5 |
| Astoria | Fdo Guanarteme 54 | 222750 | | 54 | 68 | | www.bullhotels.com | |
| Atlanta | Alfredo L. Jones 37 | 265062 | 273485 | 42 | 58 | | www.atlantacanarias.com htatlanta@arrakis.es | 3 |
| Faycan (Hotel/Apt.) | Nicolás Estevanez 61 | 270650 | 279123 | 38 | 51 | - | hfaican@infonegocio.com | 3 |
| Tenesoya | Sagasta 98 | 469608 | 460279 | 49.88 | 56.18 | 71.40 | www.hoteltenesoya.com reserva@hoteltenesoya.com | 3 |
| Pujol | Salvador Cuyás 5 | 274433 | 226703 | 43.50 | 56 | 66 | | 2 |
| Olimpia | Dr. Grau Basas 1 | 261720 | 262617 | 35.10 | 42.10 | - | - | 2 |
| APARTMENTS | | | | Sea V | St. V | Int. | | Cat |
| Brisamar | Paseo de Las Canteras 49 | 269400 | 269404 | 50 | 35 | 35 | www.brisamarcanteras.com e.t.c.@terra.es | 2 |
| Catalina Park | Tomás Miller 67 | 264120 264124 | 221922 | 36 | 36 | | | |
| Colón Playa | Alfredo L. Jones 45 | 265958 | 265454 | 50 | | 36.65 | - | 3 |
| Luz Playa | Sagasta 66 | 267550 | 267554 | 45 | | 36 | www.luzplaya.com | 2 |
| Marsin Playa | Luis Morote 54 | 270808 | 228411 | 46 | 40 | 33 | www.marsinplaya.com marsinplaya@hotmail.com | 2 |

The Workshops and Retreats in Las Palmas are held in the five-star hotel Meliá Las Canteras on the unique golden sand beach of Las Canteras on the Atlantic Ocean. According to a study by the American University of Syracuse, Las Palmas has the best climate in the world. That is one of the main reasons why so many people from cold Northern latitudes come to Las Palmas in search of sun, beaches, health and leisure. The weekends and retreats offer the perfect Hua Gong holiday in an Island not only renowned for its welcoming beaches and people but also, surprisingly, for being described as a continent in miniature with breath-taking scenery up in the mountains. In June 2005 UNESCO declared the Island of Gran Canaria "World Reserve of the Biosphere" for the great variety of its landscapes, singular ecosystems, rich endemic flora and fauna. See also grancanaria.com for flights and information about Las Palmas.

MORE INFORMATION

Tel.: 0034 928 27 26 44 Mobile: 0034 639 144 002

Email: loladao@idecnet.com

P.S. The above prices are only given as guidance and should be checked with the Hotels and Apartments.

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| IF YOU ARE FLEXIBLE WITH YOUR DATES lastminute.com OFFERS INTERESTING DEALS! | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <p>SOME SUGGESTIONS ABOUT GETTING CHEAP FLIGHTS THROUGH INTERNET:</p> <p>THERE ARE DIRECT FLIGHTS FROM MOST UK AIRPORT TO LAS PALMAS:</p> | <table border="0"> <tr> <td>airline-network.co.uk</td> <td>meridianlinetravel.co.uk</td> <td>travelbag.co.uk</td> </tr> <tr> <td>cheapflights.co.uk</td> <td>opodo.co.uk (Iberia)</td> <td>travelcare.co.uk</td> </tr> <tr> <td>easyjet.com</td> <td>searchtravelonline.co.uk</td> <td>travel4less.co.uk</td> </tr> <tr> <td>Expedia.co.uk</td> <td>skyscanner.net/</td> <td>travelocity.co.uk</td> </tr> <tr> <td>flight4less.co.uk</td> <td>teletextholiday.co.uk</td> <td>travelrepublic.co.uk</td> </tr> <tr> <td>flightline.co.uk</td> <td>thomsonfly.com</td> <td>travesupermarket.com</td> </tr> <tr> <td>flightbyphone.co.uk</td> <td>travelAgency.co.uk</td> <td>grancanaria.com</td> </tr> </table> <p>ANY SUGGESTIONS FOR CHEAP FLIGHTS FROM THE USA TO EUROPE (U.K. OR LAS PALMAS) THROUGH INTERNET, WOULD BE WELCOME:</p> | airline-network.co.uk | meridianlinetravel.co.uk | travelbag.co.uk | cheapflights.co.uk | opodo.co.uk (Iberia) | travelcare.co.uk | easyjet.com | searchtravelonline.co.uk | travel4less.co.uk | Expedia.co.uk | skyscanner.net/ | travelocity.co.uk | flight4less.co.uk | teletextholiday.co.uk | travelrepublic.co.uk | flightline.co.uk | thomsonfly.com | travesupermarket.com | flightbyphone.co.uk | travelAgency.co.uk | grancanaria.com |
| airline-network.co.uk | meridianlinetravel.co.uk | travelbag.co.uk | | | | | | | | | | | | | | | | | | | | |
| cheapflights.co.uk | opodo.co.uk (Iberia) | travelcare.co.uk | | | | | | | | | | | | | | | | | | | | |
| easyjet.com | searchtravelonline.co.uk | travel4less.co.uk | | | | | | | | | | | | | | | | | | | | |
| Expedia.co.uk | skyscanner.net/ | travelocity.co.uk | | | | | | | | | | | | | | | | | | | | |
| flight4less.co.uk | teletextholiday.co.uk | travelrepublic.co.uk | | | | | | | | | | | | | | | | | | | | |
| flightline.co.uk | thomsonfly.com | travesupermarket.com | | | | | | | | | | | | | | | | | | | | |
| flightbyphone.co.uk | travelAgency.co.uk | grancanaria.com | | | | | | | | | | | | | | | | | | | | |
| AIRPORT: | There is only one airport in Las Palmas – You can either take a bus from Gran Canaria airport (Global Bus Co. Route No 60 at the arrivals exit) to the city Central bus station and then a taxi, or take/share a taxi directly from the airport to your destination. Sharing a cab is a more convenient and cheaper way. All the hotels and apartments on the list are in the same area. Once I have the information about who is coming and on what flight, I shall let you know about the possibility of sharing a cab, which can take up to 4 persons. Fare from the airport from about 25 Euros - £20 Sterling. | | | | | | | | | | | | | | | | | | | | | |
| ORGANIC FOOD:* | The best: LA ZANAHORIA - Calle Galicia 19 (In front of Central Market and not far from the Melia hotel. - Tel: 928 934 217. You can walk if you have time or take a taxi. There are also several other health food shops and supermarket, around town, | | | | | | | | | | | | | | | | | | | | | |
| WHERE TO EAT: | There is a choice of restaurants with competitive prices near the hotel Melia and on the beach. | | | | | | | | | | | | | | | | | | | | | |
| EXCURSION: | Bring some walking shoes. Time and weather permitting an excursion might be arranged around the Island. Cost to be shared. This is only organized during Retreats. | | | | | | | | | | | | | | | | | | | | | |
| CARNIVAL | NOT APPLICABLE THIS YEAR | | | | | | | | | | | | | | | | | | | | | |
| WHAT TO BUY AND WHERE | In these times of crisis, bargain hunting can be fun! | | | | | | | | | | | | | | | | | | | | | |
| CLOTHING: | Although the weather in Las Palmas is normally pleasantly warm, bring nevertheless a sweater or cardigan as it tends to get cooler in the evening, especially during the Autumn. | | | | | | | | | | | | | | | | | | | | | |
| SWIMMING: | Do not forget to bring your swimsuit, | | | | | | | | | | | | | | | | | | | | | |
| HIRING A CAR? | There is a tourist office on the beach in front of the Hotel Meliá where you can get all information about hiring a car, excursions, cultural events etc.,. | | | | | | | | | | | | | | | | | | | | | |
| SHIRTS: | An opportunity to get HUA GONG Shirts with Zhixing's calligraphy representing the different stages of his teaching. | | | | | | | | | | | | | | | | | | | | | |
| ANYTHINGELSE WE CAN HELP YOU WITH? | If there is any other information, not included here, that you might require and think could be useful, or if you happen to know of other flights to Las Palmas from your country, please let us know. That will help us to help other fellow participants. | | | | | | | | | | | | | | | | | | | | | |

* There are more organic food shops in Las Palmas. We will provide you, if necessary, with a list when you attend the Retreat.