

# Yoga & Young workshop-fengshui paradise Village/ Farm on the upper reaches of Tamsui River

## Yoga & Young workshop- 淡水河上游一處自然的風水寶地





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<b>Departure Time</b>	2024/11/11 10:00 AM-16:00PM, A full-day tour of 6 hours
日期	2024/11/11 10 : 00 至 16 : 00 · 整日行程約 6 小時

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<b>Price</b>	<ul style="list-style-type: none"><li>• NTD \$3,100 (Approx. USD \$100)</li><li>• Includes Tour bus, English-speaking tour guide, health lunch, wetland visit with guided tour, tickets, DIY experience, and insurance.</li><li>• A deposit of NTD\$600 is required for the venue reservation and other services arrangement. (Online payment only.)</li><li>• Pay the rest of fee by cash when gathering on Nov.11.</li><li>• 新臺幣 3,100 元 ( 大約 100 美金 )</li><li>• 費用包含遊覽車、英語導遊、美味健康午餐、濕地導覽參觀、門票、手作體驗跟保險</li><li>• 需先預付訂金新臺幣 600 元作為預定場地與安排服務 ( 可線上刷卡 )。</li><li>• 報到時需現場繳清全部費用 ( 付現 )。</li></ul>
售價	

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<b>Capacity</b>	A minimum of 15 participants is required to form a group, with a maximum limit of 40 people.
成團人數	至少 15 人成團 · 以 40 人為上限

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<b>Itinerary</b>	Assembling in Taipei International Convention Center (TICC)→
行程	Taking tour buses from Taipei International Convention Center (TICC)→ Shiding Firefly House settlement (nature Yoga, vertical wetland tour, bird watching) → Whole Food Health Lunch → Sungertain Forest-Mushroom Lab (herbal cultural experience) → Goodbye at Shenkeng Old Street Walk (free visit) or TICC  台北國際會議中心 ( TICC ) 集合 從 TICC 搭遊覽車出發→石碇螢火蟲棲地 ( 體驗大自然瑜珈、垂直濕地之旅、觀鳥 ) →健康午餐→三才靈芝實驗室 ( 草藥文化體驗 ) →免費參觀深坑老街→返回 TICC

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## Highlights

### 特色

- Visit Taiwan's mysterious forest ecological wetland trail and admire glacial relics of the dinosaur era.
- Welcome tea, enjoy wonderful forest yoga on fengshui paradise grassland.
- Visit Sungertain Mushroom Forest-Lab to learn about the relationship between environment and Ganoderma-property through making tasting cultural experience.
- Ganoderma health meals
- Roaming into Shenkeng old street, enjoy Tamsui-Kavalan Trails, and feel Taiwan's traditional streets and product circulation story.
- 拜訪臺灣最神秘的森林生態濕地步道，和欣賞恐龍時代遺留下的冰河遺跡。
- 迎賓奉茶，徜徉在自然的風水寶地上享受美妙的森林瑜珈。
- 參觀三才靈芝森林實驗室，透過體驗了解環境與靈芝屬性之間的關係。
- 美味與健康兼顧的養生餐
- 漫步深坑老街、淡蘭古道，享受臺灣古色古香的街道與過去商業發展的痕跡。

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## Guidance to Reservation

### 報名方式

Please reserve your workshop by **emailing to Sandy on [smile795795@gmail.com](mailto:smile795795@gmail.com)** with information enclosing as necessary as below:

- Name
- Organization
- ID No. or passport No. (International applicant please provide your passport No.)
- Expiry date of passport (Only the international applicant needs to offer.)
- Birthdate (Day/Month/Year)
- Email address
- Mobile number

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- 姓名
  - 單位
  - 身分證字號或是護照號碼 ( 國際報名者須提供 )
  - 護照到期日 ( 僅國際報名者須提供 )
  - 出生年月日
  - Email
  - 手機電話
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