

China Study Tour 2019

Food as Medicine and the Longevity Arts Study Tour



**Are you ready for a transformational trip to China & Hong Kong?
Tour begins September 6 2019**

Academy Healing Nutrition Director **Roger Green** and faculty member **Nam Singh** are leading an inspiring journey into the heart of Taoist culture in Hong Kong and China. By taking part in this study tour, you will immerse yourself in the arts of Chinese herbal medicine and longevity science. You will learn first-hand about food as medicine, meet local teachers, attend cooking classes, taste fantastic Asian recipes and visit ancient Taoist and Buddhist Temples.

Explore the exotic ancient Taoist and Buddhist civilization of China.

As the decade draws to an end, find yourself in the wonders and delights of China with a group and teachers that have a focus on longevity science and exploring the Asian culinary arts.

Roger Green has previously organized several study tours to China and knows how to design an adventure that is well paced, unique and exciting.

The tour begins on 6th September in Hong Kong. We journey on to Beijing, Xian and Chengdu, with the tour ending on September 20th.

Book now as there are limited places!

See www.AcademyHealingNutrition.com for newsletter updates of details