

东方禅意会奖旅游目的地

无锡·灵山

Wuxi·Lingshan Oriental Zen MICE Tourist Destination



无锡获评首批“中国旅游休闲示范城市”

Wuxi, one of the first cities awarded as Model City of China Traveling & Leisure

2017年8月，国家旅游局在召开的第三届全域旅游推进会上为无锡，杭州等十个首批成为中国旅游休闲示范的城市进行授牌。

In August, 2017, China National Tourism Administration awarded Wuxi, Hangzhou and 8 other cities as the first Model Cities of China Traveling & Leisure.





CONTENTS

1

心灵山——文旅集团

Wuxi Lingshan Cultural Tourism Group

2

心旅程——资源介绍

Journey of the Soul——Introduction

3

心会奖——会奖产品

MICE of Soul —— MICE Products

Part One

心灵山 文旅集团

Wuxi Lingshan Cultural Tourism Group

无锡灵山文化旅游集团

自1994年成立以来，历经近二十年的创新发展，灵山集团整合了灵山胜境、拈花湾、以及马山半岛周边资源，打造集景区游玩、会议服务、购物餐饮、主题住宿、休闲娱乐、禅修会议、养心活动等多维功能于一体的【中国心灵度假目的地】和【东方禅意会奖旅游目的地】，打造简单、健康、快乐的东方生活度假方式。

After nearly 20 years of innovative development since its founding in 1994, Lingshan Group has now integrated Lingshan Buddhist Scenic Spot, Nianhuawan and resources around Mashan Peninsula to build this 【China's Soul-Soothing Destination】 and 【Oriental Zen MICE Tourist Destination】 , which offers sightseeing, conference services, shopping services, restaurants, themed hotels, entertainment, meditation activities, Zen seminars and soul-nourishing activities. It is a place that will show you a simple, healthy and happy way to spend your vacation in an oriental atmosphere.

Wuxi Lingshan Cultural Tourism Group

Part Two

心旅程 资源介绍

Journey of the Soul

——Introduction



1 |



禅意景点

Z e n S c e n i c S p o t s

【 灵山胜境 】

中国著名佛教文化胜地，国家AAAAA级旅游景区，
坐落于无锡太湖国家旅游度假区，
集湖光山色、园林广场、佛教文化、历史知识于一体，
景区规模宏大，气势非凡。

Well-known Buddhist cultural spot and AAAAA-rated tourist attraction

Located in Wuxi Taihu National Tourist Resort

Beautiful lake and mountain views, garden squares, Buddhist culture and profound history all in one place

Enormous and magnificent

A journey called "experiencing Lingshan" 有一种旅程叫做灵山



Lingshan Buddhist Scenic Spot

靈山大佛

灵山大佛于1997年建成开光，是灵山第一期工程项目。灵山大佛的建造可谓是庄严圆满，完满了中国大地五方五佛的格局。通高88米，是文化、科技、历史、宗教、艺术和自然山水构筑的一种永恒。

Built and consecrated in 1997, Lingshan Grand Buddha is one of the first construction projects of Lingshan. The building of Lingshan Grand Buddha is a solemn and successful achievement, since it completes the pattern of five Buddha figures in five directions of China. The 88-meter-high Buddha figure stands as a symbol of eternity constituted by culture, technology, history, religion, art and nature.



Lingshan Grand Buddha

九龙灌浴

大型音乐喷泉动态群雕九龙灌浴，是灵山胜境的第二期工程，于2003年建造完成。雕塑主体高27.5米，再现了佛祖诞生之祥和瑞相。每至吉时，音乐奏响，千百道喷泉凌空而起，莲花苞绽开，通体鎏金的太子佛徐徐升起，九龙喷水形成三十多米高的庞大水幕，沐浴佛身。

The large-scale musical sculpture fountain, Nine Dragons Bathing the Baby Buddha, is the second-phase project of Lingshan and was built in 2003. The 27.5-meter-high sculpture recreates the auspicious atmosphere at the birth of Sakyammuni. At every propitious time point, the music begins with thousands of water streams spurt high up into the air, the lotus blooms to reveal the golden baby Buddha gradually rising up, bathing in the enormous water curtain more than 30 meters high formed by the waterfalls from the nine dragons.

**Nine Dragons Bathing
the Baby Buddha**





五印坛城

Five Seal Mandal

灵山胜境的第三期工程，于2009年建造完成。
藏地的能工巧匠，严格按照藏传佛教的仪轨和工艺主持建造。

梵宫

Lingshan Buddhist Palace



灵山胜境的第三期工程，于2008年建造完成。

灵山梵宫集艺术殿堂、心灵归所、旅游奇观于一身，美仑美奂，如法如律，庄严神圣。展示了世界各国、各宗派创造的丰富多彩的佛教历史文化及艺术，成为“世界级的佛教文化艺术殿堂”。

Lingshan Buddhist Palace is the third project in Lingshan Buddhist Scenic Spot and was built in 2008.

It is an art center, a home to souls, and a magnificent tourist attraction all in one place.

Following the spirit of Buddhism, it is beautiful, stately and sacred.

It demonstrates a great variety of Buddhist history, culture and arts of all factions and all countries around the world, with an aim to become a “world-class Buddhist culture and art palace”.

吉祥颂

Holy Altar

大型情境演出《吉祥颂》由顶尖项目创作团队历时3年创作完成，
以完美的声、光、电三种形式综合演绎释迦牟尼成为智者、觉者的过程。

Holy altar is a theater with functions of meeting and performing, as the most wonderful place in Buddhist Palace, holy altar will performs timed giant musical history drama every day, expresses legend experience of Buddha, tourist will feel immeasurable simple and holy.



一生 必到的东方禅境 ZEN LIFE

A must-see oriental Zen environment

【灵山小镇·拈花湾】

灵山集团历时5年，继梵宫之后第五期工程项目。
2015年10月，举世瞩目的第四届世界佛教论坛在这里召开。
拈花湾通过独特的禅意山水、建筑、景观、活动、业态，
提供禅意文化体验，打造东方传统文化的生活禅乐园。

As the fifth project of Lingshan after Lingshan Buddhist Palace, Nianhuawan took five years to complete.

In October, 2015, the Fourth World Buddhist Forum drew the world's attention to Nianhuawan.

With its unique mountain and river views, architectures, landscape, activities and attractions of Zen atmosphere, Nianhuawan provides a Zen cultural experience and builds itself as a Zen life paradise of oriental traditional culture.

Lingshan Town – Nianhuawan



【曲阜·尼山圣境】

位于曲阜尼山省级文化旅游度假区，项目总投资为100亿元，由曲阜市与灵山集团联合进行开发。尼山圣境总体定位为“文化修贤度假胜地”，将打造成集文化体验、休闲旅游、生态旅游、休闲度假于一体的复合性文化度假产业综合体。

2018倾情巨献，敬请期待！

Located at Nishan Provincial-Level Cultural and Tourist Resort, Nishan Sacred Scenery is invested with 10 billion yuan and will be jointly developed by Qufu government and Lingshan Group. Positioned as a “culture and retreat resort”, Nishan Sacred Scenery will become a cultural resort complex which integrates cultural experience, leisure tourism, ecological tourism and leisure resort.

Stay tuned for the grand opening in 2018!

[Qufu – Nishan Sacred Scenery]

2/



禅意活动

Z e n A c t i v i t i e s



法师 禅话

聆听法师智慧开示，感悟分享、答疑解惑。

Zen seminar : Zen Masters will give wise mentoring to, share inspiration with and answer questions for guests.



Guo Tang, dinging in the Lingshan Vihara Hotel.

精舍
过堂



朝山 礼佛

从贡高拜到恭敬，越恭敬越有佛法，越有佛法，越有快乐。

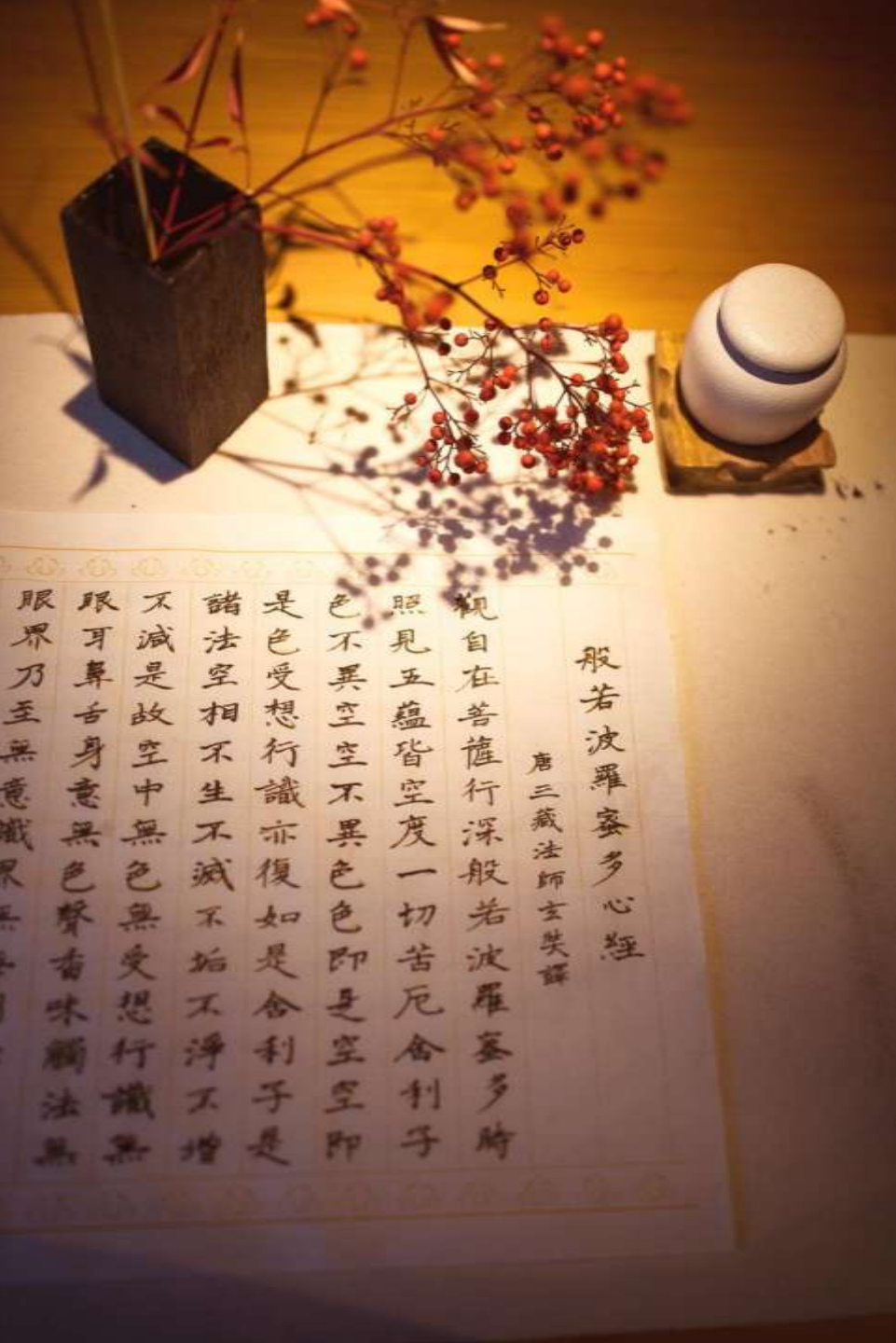
Pilgrimage : The pilgrimage will transform arrogance into modesty and respect. The more respectful you are, the more inspired you will be from Buddhism, and the more joyful you will be.

远离尘嚣，身置远山，闻禅乐，聆鸟语，抚
微风，净手洗心。于自然之中书写一篇篇佛
经，笔起笔落，享受这一刻的法喜安然。

Sutra copying

Away from the hustle and bustle, deep in the mountains, you
can listen to the Zen music and birds singing, feel the gentle
breeze, clean your hands and clear your heart. Hand-copying
pages after pages of sutra in the nature will fill you with the joy
of inspiration and allow you to enjoy a peaceful mind.

欢喜
抄经

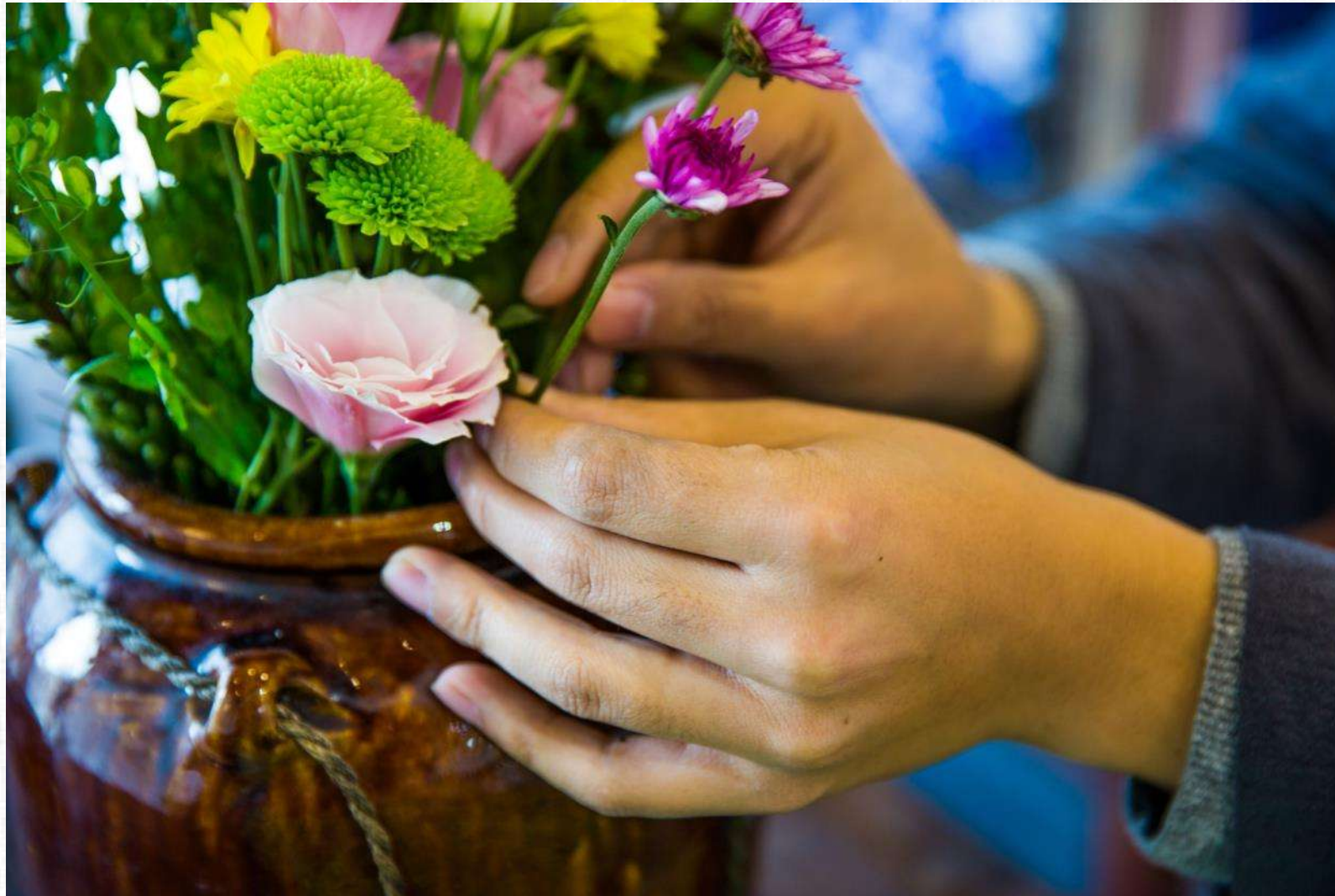


拈花 经行



双手合十，于悠悠禅境里，一段行走，瞬时心路悠长，只望此刻放下万千烦恼丝，心生一朵吉祥花。
Cañkrama in Nianhuawan : Walking in the quiet and peaceful Zen atmosphere with palms put together will sooth and relax your soul, relieve you from all the worries and anxiety and let your heart bloom with happiness.





静雅 花道

古朴的美学主张，去繁从简。用最简单的方式创造意境，在创作的同时，让心灵走进一个感受自然与生命变化的平和境界。

Ikebana in tranquility and elegance : Following the aesthetics of primitivism, the ikebana here will use the simplest way to create an artistic atmosphere. The process will allow your calm and gentle soul to feel and experience the changes of nature and life.



禅茶一味

Tea Ceremony

烹茶饮茶是一种生活的艺术，
更是一种以茶修身的生活方式，
达到禅茶一味，明心见性的人生境界。

Cooking and drinking tea is an art of life,
a lifestyle that can make you a better person,
and a way to give you insight into Zen through tea
and help you find your true self.

禅缘 品香

Incense Appreciation

禅缘品香，是一种内心境界的修炼。 嗒嗒香烟之间，片刻的宁静使心灵回归本初，安然自得。
The spiritual incense aroma is a kind of meditation.
Admire the incense mist, a moment of tranquility
makes the heart return to the beginning of peace.



吸取中国汉传佛教过堂仪轨和食存五观理念，
一人一案，细细品味，慢慢入心。

Zen Diet in Lingshan · The dining etiquettes and the philosophy of five contemplations while eating drawn from Han Buddhism, as well as a table just for yourself, will give you the perfect environment to savor the food and feel the taste in your heart.

灵山
禅食



禅行

The Zen Shows

融入现代高科技的声光电技术，利用拈花湾景点、氛围等一切资源打造的灵山文化体验心灵盛宴。

The modern high-tech sound, light and electronic technologies combined with the scenic spots, atmosphere and all the resources of Nianhuawan will present you with a fantastic cultural experience of Lingshan.



3/



禅意住宿

Z e n R e s i d e n c e

灵山精舍

坐落于灵山梵宫东侧，古朴、精致、淡雅，在山水丛林中，
精舍一处，带来别具一格的禅意体验。
共95间客房。

- Lingshan Vihara Hotel
- Lingshan Meditation Center
- Zen boutique hotel at the feet of Lingshan Grand Buddha

Located at the east side of Lingshan Buddhist Palace and hidden in the mountains and rivers, the quaint, exquisite and elegant Lingshan Vihara Hotel will present you with a unique Zen experience.
A total of 95 rooms.



禅房大床房 (44间) : 朴素典雅

Zen King Size Room (44 rooms): quaint and elegant

禅房标间 (17间) : 简洁大方

Zen Standard Room (17 rooms): simple and elegant

禅景房 (2间) : 简洁大方

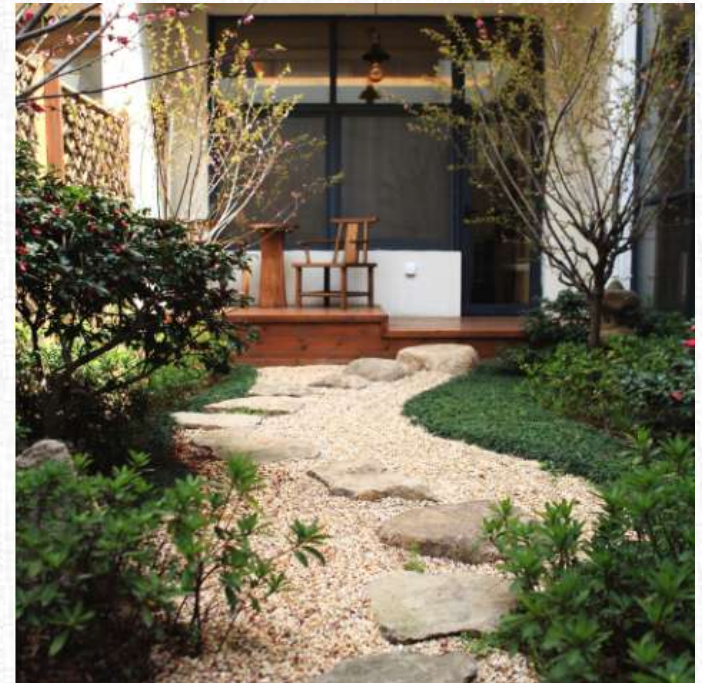
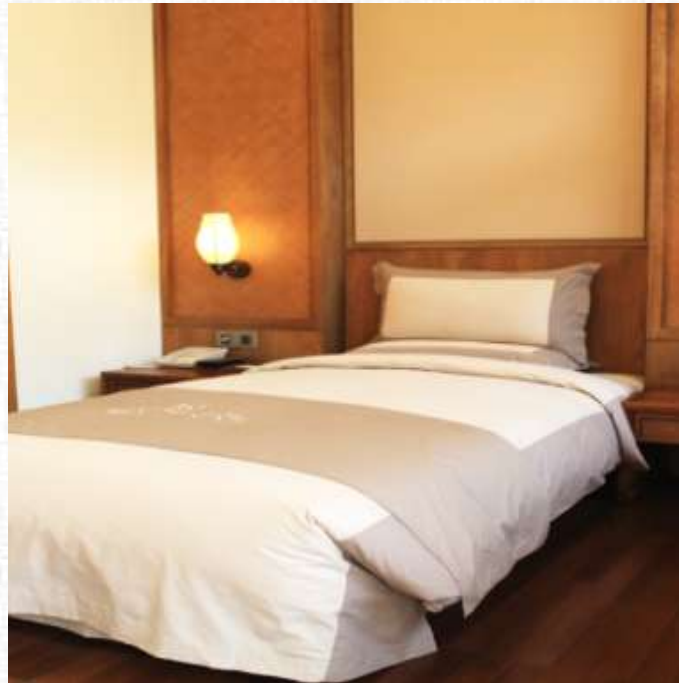
Zen Garden View Room (2 rooms): simple and elegant

禅景大床房 (29间) : 日式园林景观

Zen Garden View King Size Room (29 rooms): Japanese-style garden view

精舍房 (3间) : 大佛脚下的禅意空间

Vihara Rooms (3 rooms): a rich Zen atmosphere at the feet of Lingshan Grand Buddha





灵山君来波罗蜜多酒店 **Lingshan Juna Paramita Hotel**

以禅文化为主题的禅意度假酒店，古朴典雅，空灵清秀。每一处设计都独具匠心，每一个细节都精雕细琢，处处隐喻东方美学的质朴。

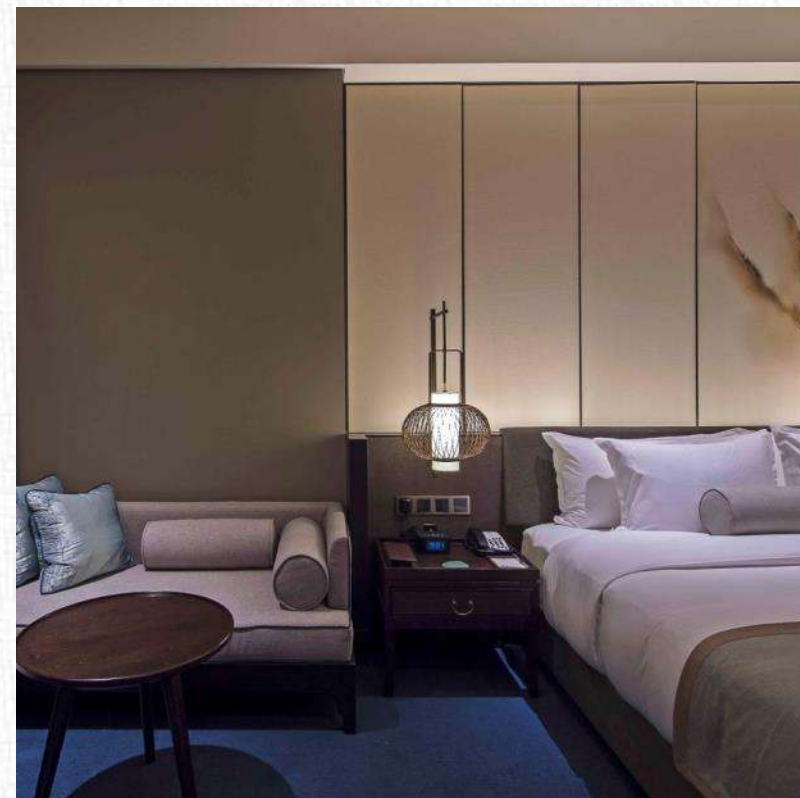
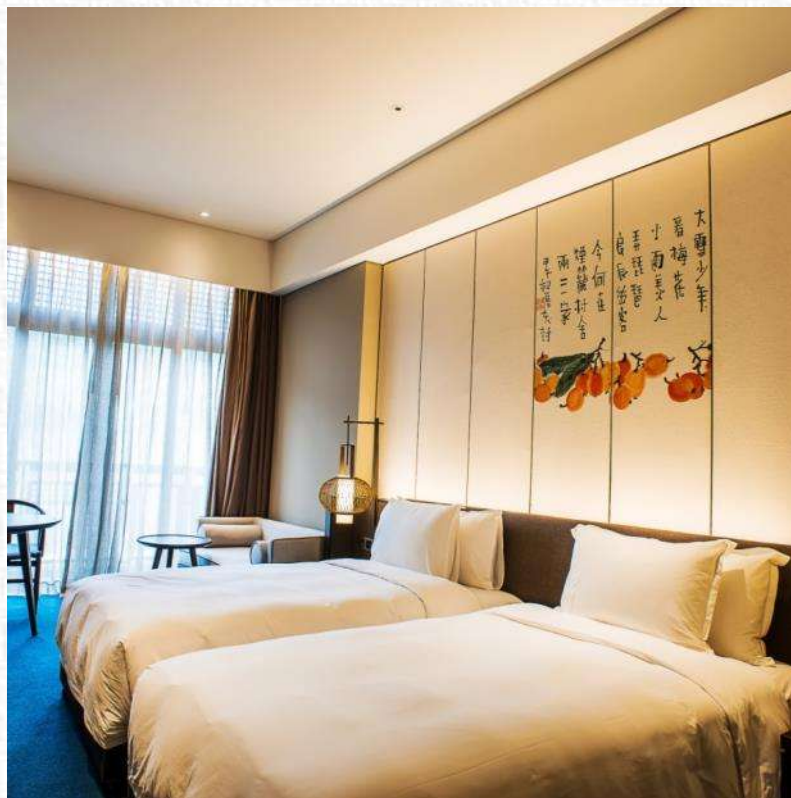
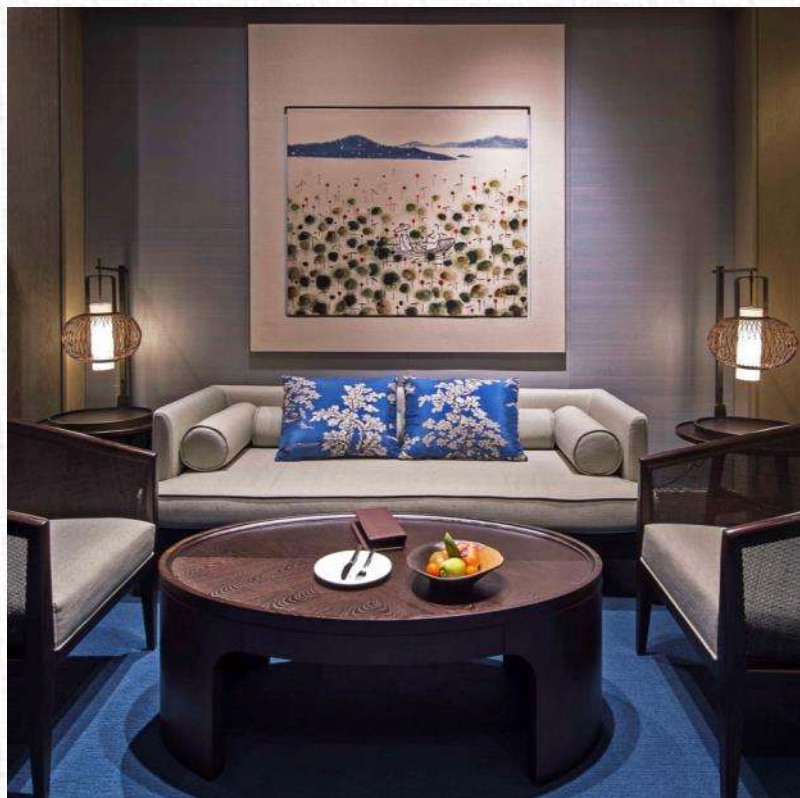
Themed around Zen culture, Lingshan Juna Paramita Hotel is quaint, elegant, peaceful and delicate, with every corner uniquely designed and every detail finely crafted, carefully showing the philosophy of modesty followed by oriental aesthetics.

酒店总房量418间：

标准房21间、景观房283间、湖景房17间、行政房63间、高级套房23间、豪华套房9间、家庭套房1间、总统套房1间。

The hotel has a total of 418 rooms:

21 standard rooms, 283 rooms with a view, 17 lake view rooms, 63 executive rooms, 23 suites, 9 luxury suites, 1 family suite and 1 presidential suite.



拈花客栈



在拈花小镇上、
在沃原花海际、
在亲水湖畔旁、
风格各异的禅意
拈花客栈

犹如一颗颗禅意文化
的宝珠镶嵌其间，
静待品赏。

Enjoy different styles of Zen
at Nianhuawan
in the middle of vast grassland
and flower sea
and along the beautiful lakeside
Nianhua Inns
are pearls of Zen culture
inlaid among this land,
waiting to be discovered and
appreciated.



现有27家不同的主题客栈，856间别具风格的主题房间。

27 different themed inns and 856 themed rooms of distinct styles

一身蓑衣竹筏摇曳，晨曦晚霞推门入云。

没有哪一家客栈有如“云水间”渔舟唱晚般的闲适。

共有27间房，分有湖景房、园景房、湖景套房三种房型。

There is no other inn that is as leisurely and comfortable as Between Cloud and Lake Inn, where you can feel almost like a fisherman returning home in the sunset after a day's work.

There are 27 rooms divided into lake view rooms, garden view rooms and lake view suites.





世外桃源的禅意旅度之家

禅意村舍的建筑形式源于却高于度假公寓，以禅境、村舍、山水等元素，打造禅意、质朴的生活空间，量身定制丰富的生活禅体验活动。

Nianhuawan
Cottages





和风古朴的禅意山居隐所

平常居依照古朴空灵的禅意内涵建造而成，竹篱笆、绿植、白砂、青苔、石灯笼随处可见，每个窗户望出去，都自成一景，别具一格。

Tang-style and quaint Zen hermitage

In accordance with the quaint and peaceful Zen philosophy, the Common House is designed with bamboo fences, green plants, white sand, green moss and stone lanterns everywhere. When you look outside, you can enjoy different and unique views from every window of the inn.

4 |



禅意餐饮

C a t e r i n g S e r v i c e s



灵山梵宫五观堂素食自助

Vegetarian Buffet in Wuguan Hall of Lingshan Buddhist Palace

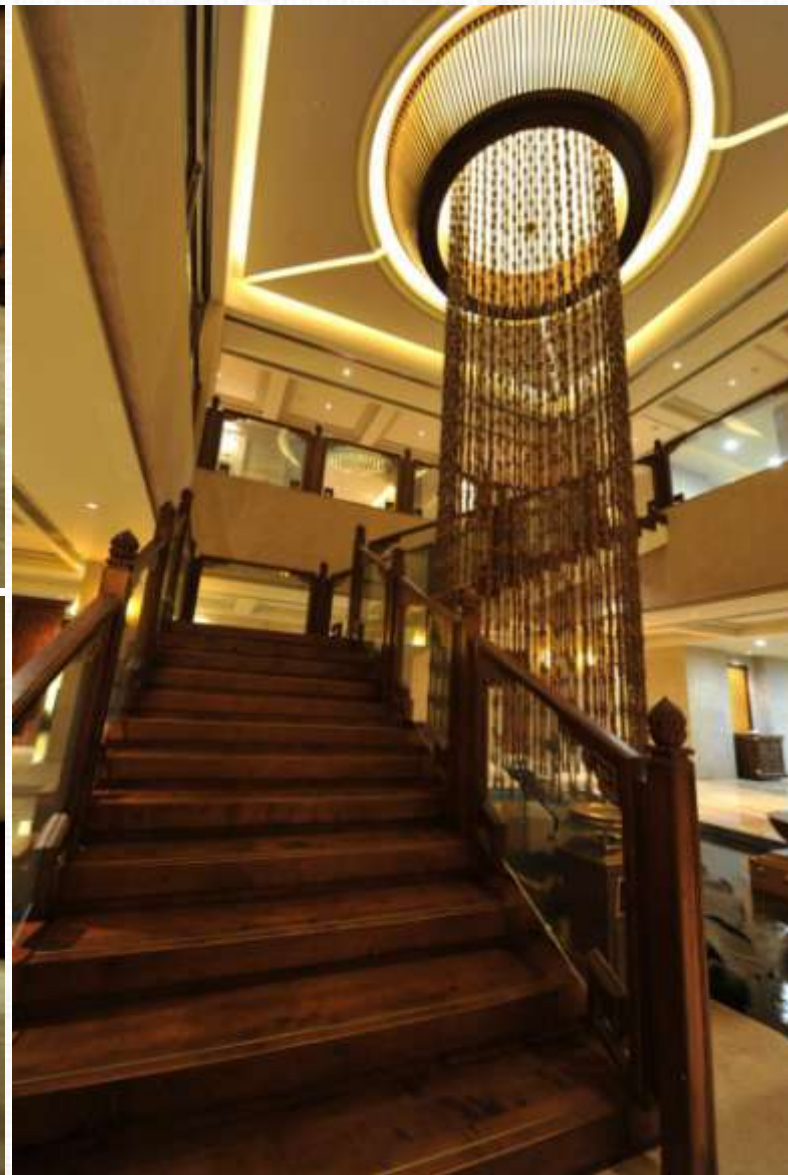


灵山餐饮 ——灵山斋

Lingshan Catering—serving vegetarian meals

梵宫包厢餐饮

Private Rooms Dining in Lingshan Buddhist Palace



灵山蔬食馆

Lingshan Vegetarian Canteen





灵山君来波罗蜜多酒店——和德轩自助

一方融入东方禅韵的自助餐厅。

地点：酒店三层/餐位：221

Hedexuan Buffet of Wuxi Lingshan Juna Paramita Hotel, a restaurant that features “zen”

Location: 3rd floor of the Hotel / 221 seats



灵山君来波罗蜜多酒店——如饴轩中餐厅

融合粤菜，淮扬菜，川菜和当地湖鲜。

地点：酒店四层/餐位：152

Ruyixuan Chinese Restaurant that serves Cantonese, Huaiyang, and Sichuan cuisines and local aquatic food.

Location: 4th floor of the Hotel / 152 seats



禅文化主题茶歇



Zen Style coffee break



拈花湾香月花街美食

别致的主题禅餐，地道的江南美味，特色的风味小吃……

Main Street Food
Authentic local snacks

Part Three

心会奖 会奖产品

MICE products

1 /



专属客户官

Exclusive Customer Officer

E.C.O.专属客户官为您提供3C专属服务

Offer you exclusive careful, customized and cultural service

陪伴式的
贴心管家

C a r e

为您提供陪伴式的贴心专业服务，随时随地响应您的一切要求。

Anytime, anywhere, our professional accompanies are at your service.

专业定制
服务专家

C u s t o m i z e d

根据您的需求为您策划定制专属行程，合理安排各类会议、考察、体验、活动、游玩项目等。

Our 24 hour personal service and considerate planning gives us confidence in offering “butler services” for every conference.

东方禅意
文化传递

C u l t u r a l

在东方禅意会奖旅游目的地，邀您一同感受独特的东方禅意文化。

Welcome to our awarding-winning tour destination and experience its unique oriental cultural of Zen.

2/



会议空间

M e e t i n g S p a c e s

「梵宫会议中心——世界佛教论坛永久会址」

Lingshan Buddhist Palace Conference Centre—the permanent meeting venue for World Buddhist Forum

5 个中小型高端会议厅：面积总计 1427 平米，容纳 360 人。

Five high-end conference halls of small to medium size cover an area of 1,427 m² and can hold 360 people.

6 个中型会议室：总面积 1050 平米，可容纳 360 人。

Six medium-sized meeting rooms cover an area of 1,050 m² and can hold 360 people.

1 个大型新闻中心：总面积 3500 平米，可容纳 1700 人。

One large news centre takes up 3,500 m² with a capacity of 1,700 seats.

会议中心陈设许多佛教文化艺术珍品，大量使用了三大语系佛教文化元素。

Many precious Buddhist artefacts are displayed at the conference centre, many of which incorporate elements from three types of Buddhism





相应堂（藏传厅）

名称取藏传佛教身、口、意“三密相应”的思想意蕴。相应堂内的陈设与装饰，全部来自青藏高原，保持了原汁原味的藏式风情，色彩鲜艳亮丽，氛围喜庆吉祥。

Xiangying Hall (or Zangchuan Hall)

The name derives from Tibetan Buddhism's idea of the secrets of the body, mouth, and mind (*sanmi xiangying*). The exhibits and decorations in the hall are rich-coloured and all from Qinghai-Tibet Plateau, which adds authentic Tibetan flavour to the hall and creates an auspicious and joyful atmosphere.



如是堂（南传厅）

“如是”，意为“本来如此”。室内以南亚地区装饰风格为基调，巧妙运用各种材质，表现天然质朴的建筑肌理，充满独特的异域风情。

Rushi Hall (or Nanchuan Hall)

Rushi means “the way it is”. The hall is decorated in South Asian style. Different materials are artfully used, giving the building a natural, simple texture and exotic vibe.



印月堂（汉传厅）

展现了汉传佛教独具特色的文化意境。印月堂融合了汉传佛教的艺术元素与汉唐宫廷的装饰风格，富丽堂皇，雍容典雅，是梵宫会议区内最重要的会见场所。

Yinyue Hall (or Hanchuan Hall)

This hall reflects the unique culture and thought of Chinese Buddhism. The hall incorporates the artistic elements of Chinese Buddhism and the decoration styles of imperial palaces in the Han and Tang dynasties, making it majestic and elegant. It is, therefore, the most important meeting venue in the Lingshan Buddhist Palace Conference Centre.



和敬堂

兼会客厅与书房于一体，装饰格调优雅简洁，书香馥郁，常年备有文房四宝供书画名家挥毫泼墨，室内珍藏有《龙藏》等大型佛教经典和全套小叶紫檀家具。

Hejing Hall

This hall is used both as a meeting room and a study, decorated in simple and elegant style. It is filled with the scent of books and prepared “four treasures of study” (wenfang sibao) for experts in calligraphy and painting to show their skills. Inside the room you will find great Buddhist sutras such as Longcang sutra and a whole set of red sandalwood furniture.



普敬堂

室内陈设精美华丽，装饰有国内最大的山水瓷板画等一批艺术精品，适合举办各类高端圆桌会议。

Pujing Hall

The hall holds exquisite and gorgeous exhibits and is decorated with superb art works including the largest mountain-water (shan shui) porcelain painting. The hall is suitable for high-level roundtables.

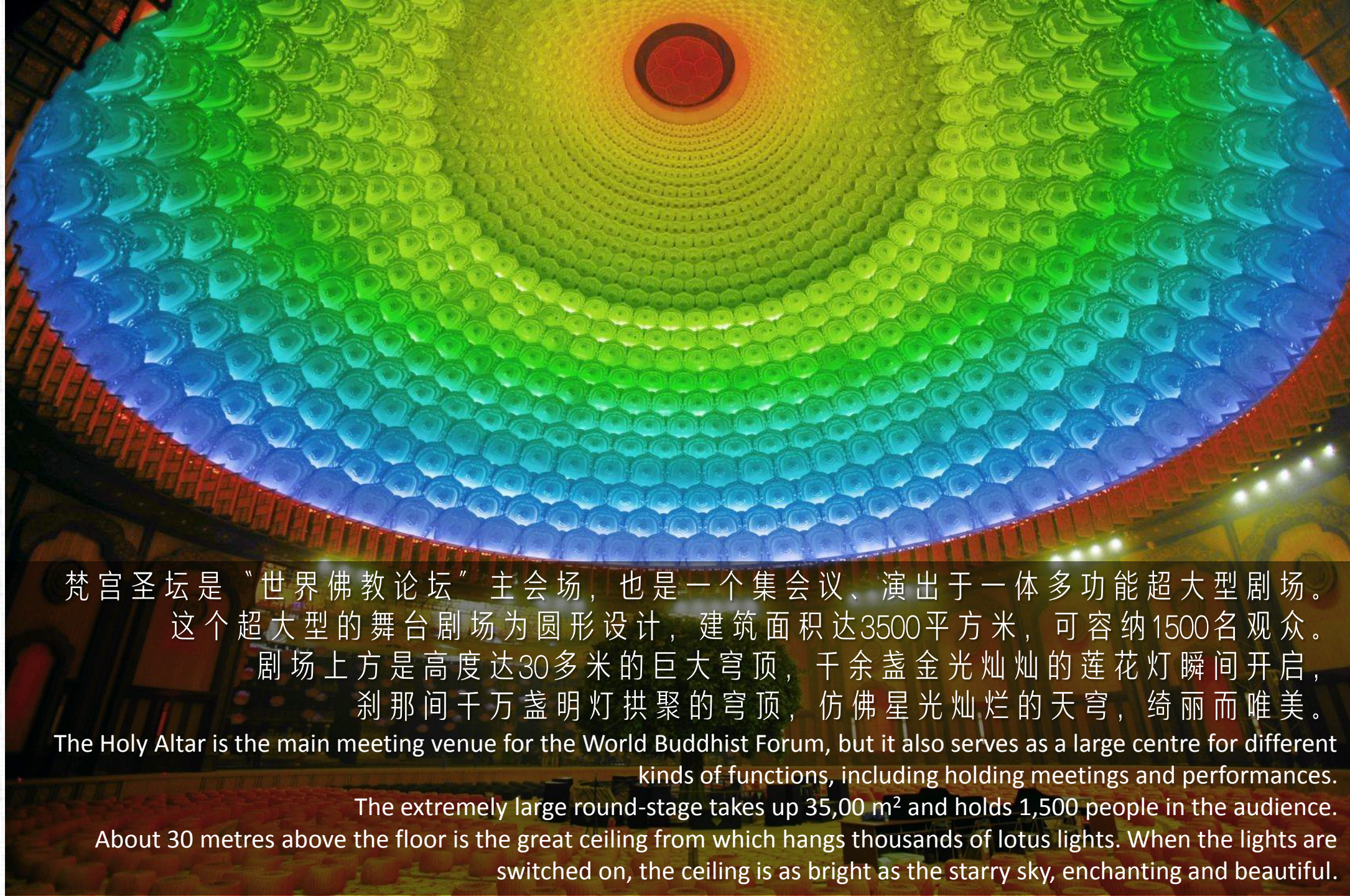


五观堂

1500平方米，8米挑高空间，全程无立柱，可同时容纳1000多人用餐。是承办喜庆宴席、企业年会、团队宴请、祈福法会的绝佳场所。

Wuguan Hall

The 8-m tall hall covers an area of 1,500 m² without any pillars, and is able to hold over one thousand people for meals. It is the ideal venue for catering weddings, business annual meetings, banquets, and Qi Fu chanting.



梵宫圣坛是“世界佛教论坛”主会场，也是一个集会议、演出于一体多功能超大型剧场。这个超大型的舞台剧场为圆形设计，建筑面积达3500平方米，可容纳1500名观众。剧场上方是高度达30多米的巨大穹顶，千余盏金光灿灿的莲花灯瞬间开启，刹那间千万盏明灯拱聚的穹顶，仿佛星光灿烂的天穹，绮丽而唯美。

The Holy Altar is the main meeting venue for the World Buddhist Forum, but it also serves as a large centre for different kinds of functions, including holding meetings and performances.

The extremely large round-stage takes up 35,00 m² and holds 1,500 people in the audience.

About 30 metres above the floor is the great ceiling from which hangs thousands of lotus lights. When the lights are switched on, the ceiling is as bright as the starry sky, enchanting and beautiful.

The realization of the practice of meditation and pure land
— *Lingshan Vihara Hotel*

有一種領悟叫做禪淨 —— 靈山精舍

精舍禪修 / 法師禪話 / 歡喜抄經 / 過堂

Zen Practice (*chan xiu*) / Zen Seminar / Sutra Copying / Guo Tang /
v e g e t a r i a n f o o d



素心堂 *Suxin Hall*



會心堂 *Huixin Hall*



波罗蜜多酒店东侧，
共5000平方米灵活可变的空间，
包含1493平方米的无柱大宴会厅、933平方米的会议厅、
730平方米的禅修殿堂等多功能场所。

The Conference Centre, in the east of Juna Paramita Hotel, is a flexible space that occupies 5,000 m². It includes a large banquet hall without pillars which takes up 1,493 m², a 933 m² conference hall, a 730 m² hall for practising Zen, and other multi-functional facilities.

畅和堂、平和堂、尚和堂、时和堂、祥和堂、
谐和堂等会议场所处处隐喻着东方美学的质朴，
在这里，会议将不再是单调的商务形式，更是一场
关乎文化与艺术的心灵享受。

Changhe Hall, Pinghe Hall, Shanghe Hall, Shihe Hall, and Xiehe Hall reflects in their every detail the simplicity of eastern aesthetics. When people gather here for business conferences, they can also enjoy the culture and art.



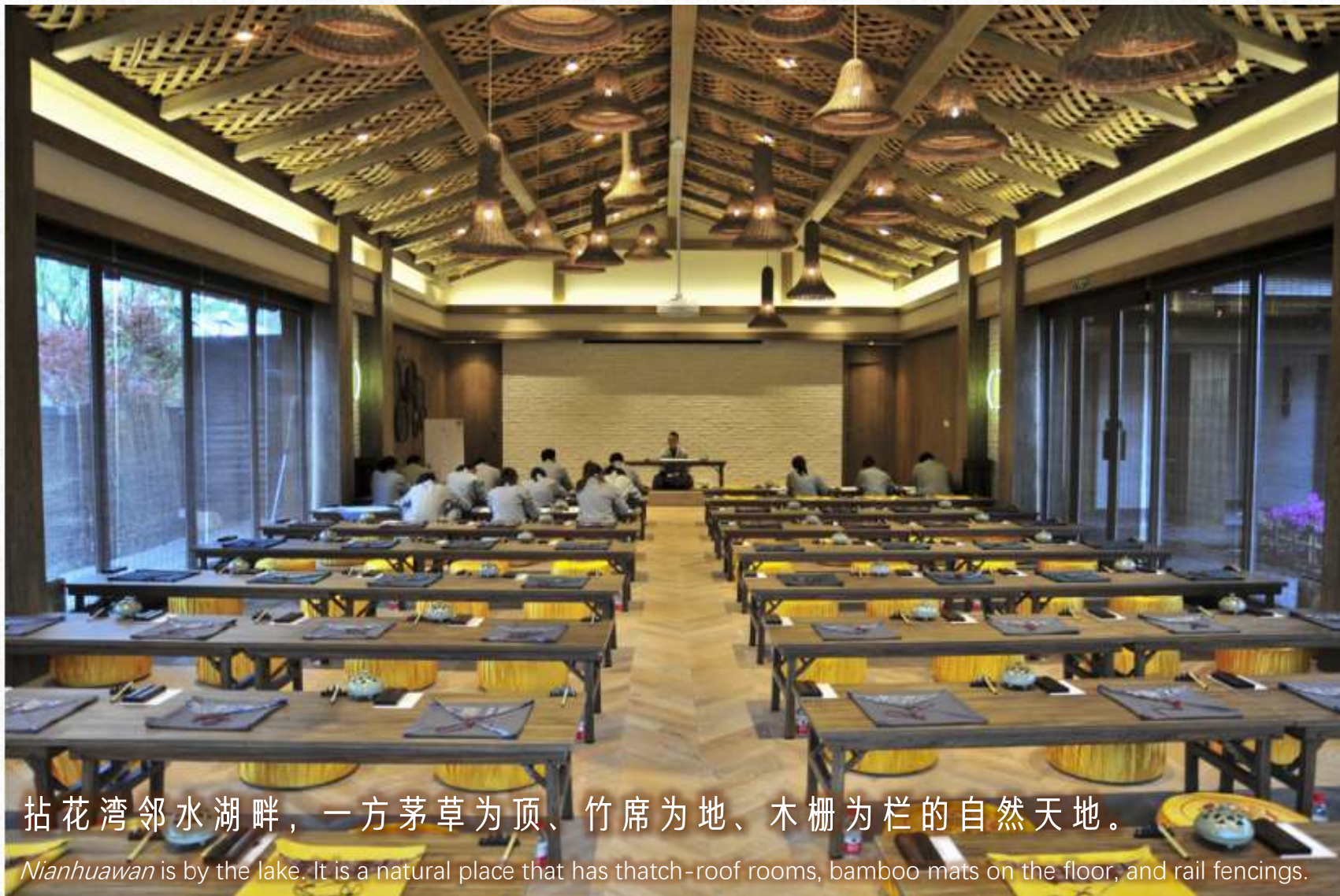


农禅广场

——9700平米的户外场地

Nongchan Square

—— 9700 m² Outdoor Venue



拈花湾会场 「远山堂」

Yuanshan Hall at Nianhuawan

80人会议及禅修服务

Able to hold 80-people meetings
and provide Zen practice service.

拈花湾邻水湖畔，一方茅草为顶、竹席为地、木栅为栏的自然天地。

Nianhuawan is by the lake. It is a natural place that has thatch-roof rooms, bamboo mats on the floor, and rail fences.



拈花湾会场 「云湖礼堂」

*Yunhu Assembly Hall at
Nianhuawan*

360°户外景观

Able to enjoy an all-round view of the scenery outside

四面环绕落地玻璃花窗

French glass windows on four sides

阳光 鲜花 小岛 礼堂

sunshine flowers island church

在宁静唯美的禅境中开启人生新旅程

Embark on a new life journey in a quiet, Zen environment



3/



会奖产品

M I C E P r o d u c t s

禅 Zen

禅意活动
Activities
For
Practising
Zen

旅 Tour

景区游览
Tour
The
Scenic
spot

宿 Lodgings

禅意住宿
Accommodations
That
Reflect
Zen
thought

食 Food

禅意餐饮
Zen
meals

心 服务
Service with care

会奖管家
Butler
For
MICE
trips

1 |



禅思 · 心旅



Reflection of Zen · Spiritual Journey

禅智 · 心旅

大佛脚下半日禅，启智，问心。

Practising Zen for half a day at the feet of Buddha enlightens and enquires our mind.

- 禅：精舍禅修，法师禅话，欢喜抄经

Zen Activities: Practise Zen in Lingshan Vihara Hotel, zen seminar, and sutra copying.

- 旅：观赏大佛脚下的禅意空间——灵山精舍

Tour : Admire the Zen space at the feet of Buddha—Lingshan Vihara Hotel

- 食：全素晚餐

Dining: Vegetarian dinner

- 心服务：专属客户官一站式3C服务

E.C.O. Offers One-Stop 3C Service

Wisdom of Zen-Spiritual Journey

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	13:30	精舍大堂 Hall of Lingshan V ihara Hotel	精舍报到 Meet here	到达灵山精舍，熟悉环境。 Arrive at the Lingshan V ihara Hotel and get familiar with the environment.
	14:00—14:20		温馨提示 Briefing	了解活动安排、注意事项，体验活动仪轨。 Brief participants on the schedule of the journey and things to take notice of during the journey. Learn about the canon and ceremonies of the event.
	14:20—14:35		涤尘静心 Clean your body and clear your mind	存放物品，更换禅服，排班。 Store your belongings for safekeeping, change into Zen clothes, and organise classes.
	14:35—16:00		精舍禅修 Zen Practice (chanxiu)	感悟佛法智慧，体验身心安详。 P erceive the Buddhist doctrines through meditation, and enjoy the inner serenity.
	16:00—16:30	会心堂 Huixin Hall	法师禅话 Zen seminar	聆听法师智慧开示，感悟分享、答疑解惑。 Listen to the understandings of masters who will share their experiences and answer questions.
	16:30—17:00		欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Copy the Buddhist sutras and feel your peaceful and devoting inner world.
	17:00—18:00	素心堂 Suxin Hall	享用晚餐 Dinner	体验素食。 Enjoy vegetarian food.
	18:00		圆满结束 End	合影。 Take photos.
增值服务 V alue-added services			祈福法会 Qi Fu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	V IP 会议管家，全程讲解、接待服务。 P rovide V IP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 car service	1小时包车接送。 Tour on a electric car for one hour.

禅明·心旅

禅意小镇一日禅，行禅，观心。

Practising Zen for one day in Nianhuawan examines your mind.

- 禅：拈花经行，欢喜抄经，静雅花道，禅茶一味，拈花禅行
Zen Activities: Cañkrama in Nianhuawan, Sutra copying, Ikebana, tea ceremony, watch The Zen Shows
- 旅：东方禅意度假小镇——拈花湾
Tour: Lingshan town—Nianhuawan
- 食：灵山禅食，和德轩自助
Dining: Zen diet and Hedexuan Buffet
- 心服务：专属客户官一站式3C服务
E.C.O. Offers One-Stop 3C Service

Understanding of Zen-Spiritual Journey

方案一Option 1

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	10:00—11:00	拈花湾 Nianhuawan	拈花经行 Cañkrama	双手合十，于悠悠禅境里，心生一朵吉祥花。 Sweep your sorrows aside and find joyful moments for your heart
	12:00—13:00	时和堂 Shihe Hall	灵山禅食 Zen Diet	一人一案，细细品味，慢慢入心。 One person per desk. Savor and feel.
	13:30—14:30	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	15:00—16:00		静雅花道 Ikebana	古朴的美学主张，用最简单的方式创造意境。 Learn about the traditional aesthetics and create an atmosphere in the simplest way.
	16:30—17:30		禅茶一味 Tea ceremony	闲看山水一盏茶，静守烟霞是清雅。 Quiet yourself and sip a cup of tea. Enjoy the simple and elegant life.
	18:00—19:30	波罗蜜多酒店 Juna Paramita Hotel	享用晚餐 Dinner	自助晚餐。 Buffet
	19:30—20:30	拈花湾 Nianhuawan	拈花禅行 The Zen Shows	观看《禅行》演出，在光影世界里寻找内心的震撼。 Watch the performance The Zen shows and witness the surprising moments in it.
增值服务 Value-added services			祈福法会 Qi Fu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家，全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 Car service	1小时包车接送。 Tour on a electric car for one hour.

方案二Option 2

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	14:00—15:00	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	15:15—16:15		静雅花道 Ikebana	古朴的美学主张，用最简单的方式创造意境。 Learn about the traditional aesthetics and create an atmosphere in the simplest way.
	16:30—17:30		禅茶一味 Tea ceremony	闲看山水一盏茶，静守烟霞是清雅。 Quiet yourself and sip a cup of tea. Enjoy the simple and elegant life.
	17:30—18:00	拈花湾 Nianhuawan	拈花经行 Cañkrama	双手合十，于悠悠禅境里，心生一朵吉祥花。 Sweep your sorrows aside and find joyful moments for your heart
	18:00—19:00	时和堂 Shihe Hall	灵山禅食 Zen Diet	一人一案，细细品味，慢慢入心。 One person per desk. Savor and feel.
	19:30—20:30	拈花湾 Nianhuawan	拈花禅行 The Zen Shows	观看《禅行》演出，在光影世界里寻找内心的震撼。 Watch the performance The Zen Shows and witness the surprising moments in it.
增值服务 Value-added services			祈福法会 Qi Fu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家，全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 Car service	1小时包车接送。 Tour on a electric car for one hour.

禅踪 · 心旅

大佛脚下二日禅，礼佛，修心。

Practising Zen for two days at the foot of Buddha admires the Buddha and elevates your mind.

- 禅：精舍禅修，欢喜抄经，静心禅行，朝山礼佛

Zen Activities: practise Zen in Lingshan Vihara Hotel, Sutra copying, take a Zen tour, and pilgrimage.

- 旅：中国佛教文化主题胜地——灵山胜境

Tour: the famous Buddhist tourist spot—Lingshan scenic spot

- 宿：大佛脚下的禅意精品酒店——灵山精舍

Accommodation : the hotel at the feet of the Buddha—Lingshan Vihara Hotel

- 食：精舍过堂，药石自助

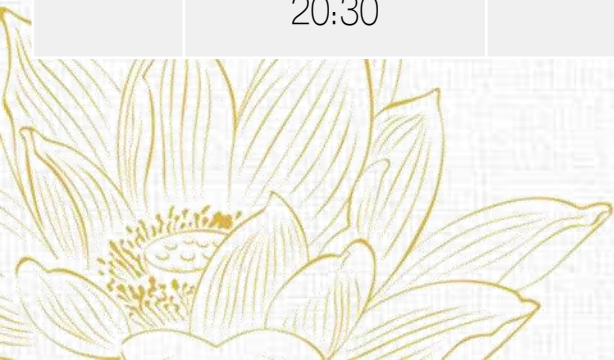
Dining: Guo Tang and buffet in Lingshan Vihara Hotel

- 心服务：专属客户官一站式3C服务

E.C.O. Offers One-Stop 3C Service

Trail of Zen - Spiritual Journey

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	13:30	精舍大堂 Hall of Lingshan Vihara Hotel	报到入住 Check In	到达灵山精舍，熟悉环境，办理入住。 After arrival, check in and look around.
	11:30—12:15	素心堂 Suxin Hall	精舍过堂 Guo Tang	佛门用餐体验，学习用“心”吃饭。 Experience the unique lunch, and eat the “spiritual”.
	12:15—14:00	禅房 Hotel Room	禅房养息 Rest	安静休息。 Take a rest in the hotel room.
	14:00—16:00	会心堂 Huixin Hall	精舍禅修 Zen practice (chan xiu)	感悟佛法智慧，体验身心安详。 Perceive the Buddhist doctrines through meditation, and enjoy the inner serenity.
	16:00—17:00		欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Copy the Buddhist sutras and feel your peaceful and devoting inner world.
	17:15—19:00	素心堂 Suxin Hall	药石自助 Buffet	特色素食自助。 Unique vegetarian buffet.
	19:30—20:30	灵山胜境 Lingshan scenic spot	静心禅行 Take a zen tour	我心如白云，步步展清风。 Walk at a relaxed pace in a tranquil mood.
	20:30	禅房 Hotel Room	禅房大静 Retreats	晚间休息。 Night break.



日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第二天 Day 2	06:00	禅房 Hotel Room	清晨起板 Morning call	早起。 Get up early.
	06:30	精舍大堂 Hall of Lingshan Vihara Hotel	排班集合 Gather	集合。 Gather in the hall of Lingshan Vihara Hotel.
	06:45—08:25	灵山胜境 Lingshan scenic spot	朝山礼佛 Pilgrimage	虔敬礼佛，智慧开示。（如下雨可改成“佛经诵读”） Visit the Buddhist statues. (or read the sutras if it rained.)
	08:30—09:15	素心堂 Suxin Hall	享用早餐 Breakfast	全素早餐。 Vegetarian breakfast.
增值服务 Value-added services			祈福法会 Qifu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家，全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 car service	1小时包车接送。 Tour on a electric car for one hour.



禅悦 · 心旅

禅意小镇二日禅，喜乐，明心。

Two-day tour in Nianhuawan

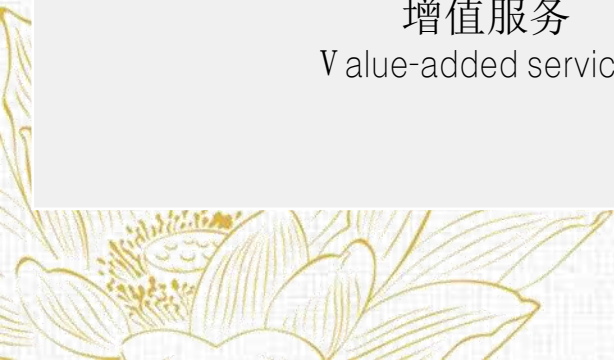
- 禅：欢喜抄经，禅茶一味，拈花禅行，朝山礼佛，拈花经行，静雅花道
Zen Activities: Sutra copying, tea ceremony, watch the Zen Shows, pilgrimage, Ikebana, and Cañkrama in Nianhuawan
- 旅：东方禅意度假小镇——拈花湾 Tour: Nianhuawan, a unique oriental town.
- 宿：太湖之畔的禅意度假酒店——灵山君来波罗蜜多酒店/风格各异的禅意主题客栈——拈花客栈
Accommodation: Wuxi Lingshan Juna Paramita Hotel, adjacent with the Taihu Lake./ Nianhua Inns
- 食：灵山禅食/风味晚餐 Dining: zen diet /special dinner
- 心服务：专属客户官一站式3C服务 E.C.O. Offers One-Stop 3C Service

Pleasure of Zen-Spiritual Journey

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	14:30	波罗蜜多酒店/拈花客栈 P aramita Hotel/Nianhua Inns	报到入住 Check in	到达酒店/客栈，熟悉环境，办理入住。 Check in and look around after arrival.
	15:00—16:00	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	16:30—17:30		禅茶一味 Tea ceremony	闲看山水一盏茶，静守烟霞是清雅。 Q uiet yourself and sip a cup of tea. Enjoy the simple and elegant life.
	18:00—19:00	时和堂 Shihe Hall	灵山禅食 Zen Diet	一人一案，细细品味，慢慢入心。 One person per table. Savor and feel.
		酒店和德轩 Hedexuan Restaurant	享用晚餐 Dinner	自助晚餐。 Buffet
	19:30—20:30	拈花湾 Nianhuawan	拈花禅行 The Zen shows	观看《禅行》演出，在光影世界里寻找内心的震撼。 Watch the performance The Zen shows and witness the surprising moments in it.
	20:30	酒店/客栈 Hotel/Inn	晚间休息 Evening break	休息，自由活动。 Free time.



日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第二天 Day 2	09:30—10:30	拈花湾 Nianhuawan	拈花经行 Canikrama in Nianhuawan	双手合十，于悠悠禅境里，心生一朵吉祥花。 Sweep your sorrows aside and find joyful moments for your heart
	10:30—11:30	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	静雅花道 Ikebana	古朴的美学主张，用最简单的方式创造意境。 Learn about the traditional aesthetics and create an atmosphere in the simplest way.
		时和堂 Shihe Hall	灵山禅食 Zen diet	一人一案，细细品味，慢慢入心。 One person per table. Savor and feel.
			享用午餐 Lunch	小镇西餐。 Western-style meals in the town.
				酒店桌餐。 Chinese traditional food in the hotel.
	11:30—12:00		圆满结束 End	
增值服务 Value-added services			祈福法会 Qi Fu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家，全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 Car service	1小时包车接送。 Tour on a electric car for one hour.



禅思 · 心旅

大佛脚下、禅意小镇二日禅，念念，度心。

Conjecture yourself through two-day tour at the foot of the Buddhist statue and in Nianhuawan

- 禅：欢喜抄经，禅茶一味，拈花禅行，朝山礼佛

Zen Activities: sutra copying, tea ceremony, watch The Zen Shows and pilgrimage.

旅：中国佛教文化主题胜地——灵山胜境（贵宾接待），东方禅意度假小镇——拈花湾

Tour: Lingshan scenic spot (VIP guests), the famous Buddhist tourist spot; Nianhuawan, a unique oriental town.

- 宿：太湖之畔的度假酒店——灵山君来波罗蜜多酒店/风格各异的禅意主题客栈——拈花客栈

Accommodation: Wuxi Lingshan Juna Paramita Hotel at the Taihu lakeside/Nianhua Inn

- 食：风味晚餐，梵宫午餐/精舍过堂

Dining: Zen diet/special dinner

- 心服务：专属客户官一站式3C服务

E.C.O. Offers One-Stop 3C Service

Reflection of Zen-Spiritual Journey

日期 Date	时间 Time	地点 P lace	活 动 Activities	介绍 Remarks
第 一 天 Day 1	14:30	波罗蜜多酒店/拈花客栈 P aramita Hotel/Nianhua Inns	报到入住 Check in	到达酒店/客栈，熟悉环境，办理入住。 Check in and look around after arrival.
	15:00—16:00	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	16:30—17: 30		禅茶一味 Tea ceremony	闲看山水一盏茶，静守烟霞是清雅。 Q uiet yourself and sip a cup of tea. Enjoy the simple and elegant life.
	18:00—19:00	时和堂 Shihe Hall	灵山禅食 Zen Diet	一人一案，细细品味，慢慢入心。 One person per table. Savor and feel.
		酒店和德轩 Hedexuan Restaurant	享用晚餐 Dinner	自助晚餐。 Buffet
	19:30—20:30	拈花湾 Nianhuawan	拈花禅行 The Zen shows	观看《禅行》演出，在光影世界里寻找内心的震撼。 Watch the performance The Zen shows and witness the surprising moments in it.
	20:30	酒店/客栈 Hotel/Inn	晚间休息 Evening break	休息，自由活动。 Free time.



日期 Date	时 间 Time	地 点 Place	活 动 Activities	介 绍 Remarks
第 二 天 Day 2	07:00—08:30		退房办理 Check out	享用早餐， 办理退房。 Check out after the breakfast.
	08:30—09:00		抵达胜境 Arrive at Lingshan scenic spot	抵达灵山胜境。 Arrive at Lingshan scenic spot.
	09:00—10:00	灵山胜境 Lingshan scenic spot	朝山礼佛 Pilgrimage	虔敬礼佛， 智慧开示。（如下雨可改成“佛经诵读”） Visit the Buddhist statues. (or read the sutras if it rained.)
	10:00—12:00	灵山胜境 Lingshan scenic spot	胜境游览 Visit the beautiful site	2小时， 1位导游， 1辆电瓶车包车， 12人一套。 One group includes 12 tourists, 1 tour guide, and 1 electric car.
	12:00—13:00	梵宫 Lingshan Buddhist Palace	享用午餐 Lunch	梵宫圆桌午餐。 Round table lunch at Lingshan Buddhist Palace.
				梵宫包厢自助餐。 Buffet at the lounge of Lingshan Buddhist Palace.
				五观堂全素自助餐。 Vegetarian buffet at the Wuguan Hall.
	13:30—15:00	灵山精舍 Lingshan Vihara Hotel	精舍过堂 Guo Tang	佛门用餐体验， 学习用“心”吃饭。 Experience the unique lunch, and eat the “spiritual”.
15:00		自由活动 Free time		
		圆满结束 End		
增值服务 Value-added services			祈福法会 Qi Fu Chanting	大师主持祈福法会， 开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家， 全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 Car service	1小时包车接送。 Tour on a electric car for one hour.

禅慧 · 心旅

大佛脚下三日禅，明慧，净心。

Clear your mind through three-day tour at the foot of the Buddhist statue.

- 禅：沐手熏香，静心禅行，禅语人生，欢喜抄经，禅修打坐，朝山礼佛，觉茶品茗

Zen Activities: Hand washing and incense burning, take a zen tour, learn Buddhist quotes, sutra copying, meditation, pilgrimage, and enjoy your tea.

旅：中国佛教文化主题胜地——灵山胜境

Tour: Lingshan, the famous Buddhist tourist spot.

- 宿：大佛脚下的禅意精品酒店——灵山精舍

Accommodation: the Lingshan Vihara Hotel, a boutique hotel at the foot of the mountain.

- 食：精舍过堂，梵宫午餐

Dining: Guo Tang, lunch at Buddhist Palace

- 心服务：专属客户官一站式3C服务

E.C.O. Offers One-Stop 3C Service

Acumen of Zen-Spiritual Journey



日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第一天 Day 1	11:00	灵山精舍 Lingshan Vihara Hotel	报到入住 Check In	到达灵山精舍，熟悉环境，办理入住。 After arrival, check in and look around.
	11:30—12:00	素心堂 Suxin Hall	精舍过堂 Buddhist style	佛门用餐体验，学习用“心”吃饭。 Experience the unique lunch, and eat the “spiritual”.
	12:00—13:15	禅房 Meditation abode	禅房养息 Meditate and rest	安静休息。 Meditate and rest in a Zen style.
	13:30—14:00		沐手熏香 Hand washing & Incense burning	熏香绕手三扎，心手相通。 Burn incenses that are arm-length.
	14:00—14:30	灵山胜境 Lingshan scenic spot	静心禅行 A “zen” tour	我心如白云，步步展清风。 Walk at a relaxed pace in a tranquil mood.
	14:30—15:30	会心堂 Huixin Hall	禅语人生 Learn Buddhist quotes	除惑，解粘去缚；点拨，云开日现。 Eliminate doubts and point out the direction of life.
	15:30—15:50		茶歇小憩 Tea break	
	15:50—17:30	会心堂 Huixin Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	17:45—19:15		享用晚餐 Dinner	自助晚餐。 Buffet
	19:30—20:30	会心堂 Huixin Hall	禅修打坐 Meditation	狂心顿歇，歇即自在。 Sit down and quiet down your heart.

日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第二天 Day 2	6:30		排班集合 Gather	集合 Gather in the hall of Lingshan Vihara Hotel
	6:45—8:00	灵山胜境 Lingshan scenic spot	朝山礼佛 Pilgrimage	虔敬礼佛，智慧开示。（如下雨可改成“佛经诵读”） Visit the Buddhist statues. (or read the sutras if it rained.)
	8:00—8:45	素心堂 Suxin Hall	享用早餐 Breakfast	
	9:00—11:00	会心堂 Huixin Hall	觉茶品茗 Enjoy your tea	随缘任运，茶悦我心。 Enjoy your tea and forget about the chores of life.
	11:30—13:30	素心堂 Suxin Hall	精舍过堂 Guo Tang	佛门用餐体验，学习用“心”吃饭。 Experience the unique lunch, and eat the “spiritual”.
	14:00—17:00	会心堂 Huixin Hall	精舍禅修 Zen Practice (chanxiu)	感悟佛法智慧，体验身心安详。 Perceive the Buddhist doctrines through meditation, and enjoy the inner serenity.
	17:30—19:00	素心堂 Suxin Hall	享用晚餐 Dinner	自助晚餐。 Buffet
	19:30—20:30	灵山胜境 Lingshan scenic spot	静心禅行 A “zen” tour	我心如白云，步步展清风。 Walk at a relaxed pace in a tranquil mood.
	20:30	禅房 Hotel Room	禅房大静 Retreats	返回精舍，晚间休息。 Go back to hotel and take a rest.



日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第 三 天 Day 3	7:30—8:30	灵 山 精 舍 Lingshan Vihara Hotel	退房办理 Check out	享用早餐，办理退房。 Check out after the breakfast.
	9:30—12:00	灵 山 胜 境 Lingshan scenic spot	胜 境 游 览 Visit the beautiful site	
	12:00—13:00	梵 宫 Lingshan Buddhist Palace	享用午餐 Lunch	享用五观堂自助餐。 Vegetarian Buffet is served in Wuguan Hall of Lingshan Buddhist Palace.
	13:00		圆 满 结 束 End	
增值服务 Value-added services			祈福法会 Qí Fú Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP 会议管家，全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 car service	1小时包车接送。 Tour on a electric car for one hour.



禅悟 · 心旅

大佛脚下、禅意小镇三日禅，参禅，悟心。

Three-day tour at the foot of the Buddhist statue and in Nianhuawan

• 禅：朝山礼佛，拈花经行，欢喜抄经，拈花禅行，静雅花道，禅茶一味，禅作手工

Zen Activities: pilgrimage, Cañkrama in Nianhuawan, sutra copying, watch the Zen Shows, ikabana, tea ceremony and zen handiwork.

• 旅：中国佛教文化主题胜地——灵山胜境（贵宾接待），东方禅意度假小镇——拈花湾

Tour: Lingshan scenic spot (VIP guests), the famous Buddhist tourist spot; Nianhuawan, a unique oriental town.

• 宿：太湖之畔的五星度假酒店——灵山君来波罗蜜多酒店/风格各异的禅意主题客栈——拈花客栈

Accommodation: Wuxi Lingshan Juna Paramita Hotel at the Taihu lakeside/Nianhua Inn

• 食：灵山禅食 Dining: Zen diet

• 心服务：专属客户官一站式3C服务

E.C.O. Offers One-Stop 3C Service

Realization of Zen-Spiritual Journey

日期 Date	时间 Time	地点 P lace	活 动 Activities	介绍 Remarks
第 一 天 Day 1	14:00—18:00	波罗蜜多酒店/拈花客栈 P aramita Hotel/Nianhua Inns	报到入住 Check in	全天报到，到达酒店/客栈，熟悉环境，办理入住。 Check in and look around after arrival.
	18:00—20:30	会议中心 Conference center	享用晚餐 Dinner	自助晚餐 Buffet
		拈花湾 Nianhuawan		圆桌晚餐 Round table dinner
	20:30	拈花湾 Nianhuawan	自由活动 Free time	西式晚餐 Western style dinner
				自由活动后，返回酒店/客栈休息。 After free time, go back to the hotel and take a rest.



日期 Date	时间 Time	地点 Place	活动 Activities	介绍 Remarks
第二天 Day 2	08:00—08:30	酒店三楼和德轩 The HeDeXuan Restaurant on the 3rd floor of Hotel	享用早餐 Breakfast	自助早餐。 Buffet
	08:30—09:00		抵达胜境 Arrive at Lingshan scenic spot	抵达灵山胜境。 Arrive at Lingshan scenic spot.
	09:30—10:30	灵山胜境 Lingshan scenic spot	朝山礼佛 Pilgrimage	虔敬礼佛，智慧开示。（如下雨可改成“佛经诵读”） Visit the Buddhist statues. (or read the sutras if it is raining.)
	10:30—12:00	灵山胜境 Lingshan scenic spot	胜境游览 Visit the beautiful site	2小时，1位导游，1辆电瓶车包车，12人一套。 One group includes 12 tourists, 1 tour guide, and 1 electric car.
	12:00—13:00	蔬食馆 Vegetarian Canteen	享用午餐 Lunch	圆桌午餐。 Round table lunch in the canteen
	13:00—13:30		返回小镇 Return	返回拈花湾。 Return to the Nianhuawan.
	14:00—15:00	拈花湾 Nianhuawan	拈花经行 Cankrama in Nianhuawan	双手合十，于悠悠禅境里，心生一朵吉祥花。 Sweep your sorrows aside and find joyful moments for your heart
	15:00—15:30		祈福法会 Qifu Chanting	大师主持祈福法会，开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
	15:50—16:50	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	欢喜抄经 Sutra copying	抄写佛经，体验心的专注与平和。 Write down Buddhist sutras and feel the peace and devotion of your mind.
	17:00—18:00	时和堂 Shihe Hall	灵山禅食 Zen diet	一人一案，细细品味，慢慢入心。 One person per table. Savor and feel.
	19:30—20:30	拈花湾 Nianhuawan	拈花禅行 The Zen shows	观看《禅行》演出，在光影世界里寻找内心的震撼。 Watch the performance The Zen shows and witness the surprising moments in it.
	20:30	酒店/客栈 Hotel/Inn	晚间休息 Evening break	休息，自由活动。 Free time.

日期 Date	时 间 Time	地 点 Place	活 动 Activities	介绍 Remarks
第 三 天 Day 3	09:00—10:00		退房办理 Check out	享用早餐， 办理退房。 Check out after the breakfast.
	10:30—11:30	远山堂/禅修堂 Yuanshan Hall/Chanxiu Hall	静雅花道 Ikebana	古朴的美学主张， 用最简单的方式创造意境。 Learn about the traditional aesthetics and create an atmosphere in the simplest way.
			禅茶一味 Tea ceremony	闲看山水一盏茶， 静守烟霞是清雅。 Quiet yourself and sip a cup of tea. Enjoy the simple and elegant life.
		拈花湾 Nianhuawan	禅意手作 “zen” handiwork	手工捏捏人 Clay figurine
				生肖彩绘 Colored painting of zodiac animals
	12:00—13:00	拈花湾 Nianhuawan	享用午餐 Lunch	西式午餐。 Western style lunch
				圆桌午餐。 Round table lunch
	13:00		圆满结束 End	
增值服务 Value-added services			祈福法会 Qifu Chanting	大师主持祈福法会， 开光、祈福、诵经。 Masters will host the chanting, consecrate, pray for luck, and chant sutras.
			尊享接待 VIP service	VIP会议管家， 全程讲解、接待服务。 Provide VIP butler service, interpretation service and shuttle service throughout the journey.
			包车接送 car service	1小时包车接送。 Tour on a electric car for one hour.

Z-MICE · 灵山会奖产品 PRODUCTS

- 禅智 · 心旅——灵山半日禅

Wisdom of Zen, a Spiritual Journey—half-day tour in Lingshan

- 禅明 · 心旅——拈花1日禅

Understanding of Zen, a Spiritual Journey—one-day tour in Nianhuawan

- 禅踪 · 心旅——灵山2日禅

Trail of Zen, a Spiritual Journey—two-day tour in Lingshan

- 禅悦 · 心旅——拈花2日禅

Pleasure of Zen, a Spiritual Journey—two-day tour in Nianhuawan

- 禅思 · 心旅——灵山拈花2日禅

Reflection of Zen, a Spiritual Journey—two-day tour in Lingshan and Nianhuawan

- 禅慧 · 心旅——灵山3日禅

Acumen of Zen, a Spiritual Journey—three-day tour in Lingshan

- 禅悟 · 心旅——灵山拈花3日禅

Realization of Zen, a Spiritual Journey—three-day tour in Lingshan and Nianhuawan





会奖旅游活动经典案例分享

Case Review



长江商学院活动

CKGSB's Event

常明书院禅修课程

Changming Academy Zen Course

可口可乐经销商大会

Shanghai Shenmei Coke Cola Franchisers Conference

奥美中国内部员工大会

Ogilvy China Employees Strategy Conference

赛默飞YESSIR服装品牌发布会

Thermo Fisher Scientific sponsored YESSIR Clothing line Launch Event

万科华东区营销合伙人会议

Vanke East China Marketing Partners Meeting

上海玛萨美容集团会议活动

Shanghai Masa Cosmetic Group Meeting and Events

陆家嘴金融2017高峰论坛会

Lujiazui Finance Summit 2017

《梦幻西游》手游全渠道总决赛

Fantasy Westward Journey Final for Mobile Terminal

辉瑞制药尚杰中国内部荣耀上市会

Pfizer China Market Entry Event for XELJANZ

湖南卫视《全员加速中》影视拍摄

Filming of Hunan TV's Variety Show—Run for Time

科勒厨房江苏省六城联动总结大会

Kohler Kitchens Review Conference for Six Cities in Jiangsu Province

中国“物联网+”高峰论坛暨赛伯乐投资年会

China “IoT+” Summit & Cybernaut Investment Group Annual Event

.....

福得文化心灵度假尊享体验

2018年2月 | 客栈包栋 | 25人

Spring Festival of Phood College

February 2018 | Banghe inn | 25 people



无锡国际樱花节心灵度假尊享体验

2017年3月 | 推介会 | 50人以内

Wuxi Cherry Blossom Festival Tour

March 2017 | Promotion Tour | Less than 50 people





上海乐高PLAY DAY 85周年心灵度假尊享体验

2017年9月 / 周年庆 / 160人

Shanghai LEGO

June 2017 / Anniversary Celebration / 160 People







贝勒度假医疗心灵度假尊享体验

2017年6月 / 禅修体验 / 210人

Beiler HealthCare



June 2017 / Zen Experience / 210 People















常明书院心灵度假尊享体验

2016年12月 | 禅修会务 | 300人

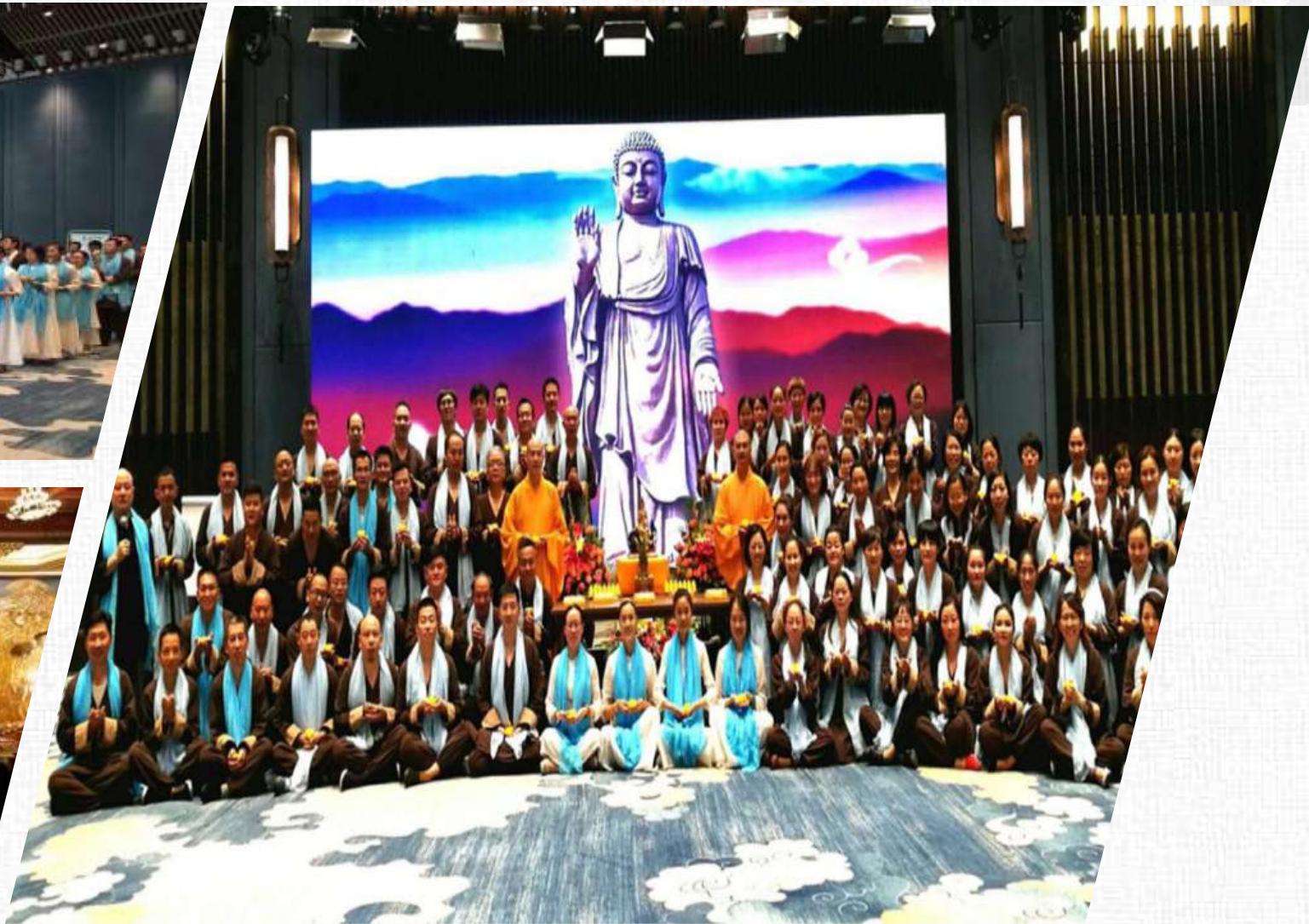
Chang Ming College

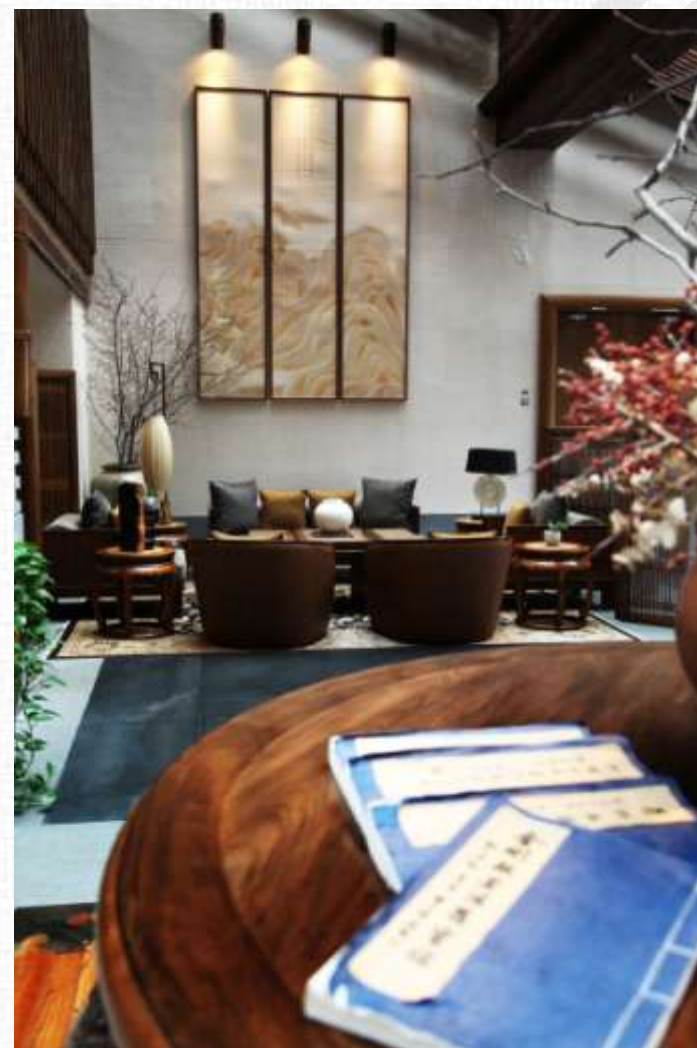


December 2016 | Zen Seminar | 300 people









网易梦幻西游西游心灵度假尊享体验

2018年1月 / 武神坛总决赛 / 400人

Fantasy Westward Online Final

January 2018 / Final / 400 People



奥美中国心灵度假尊享体验

2017年8月 / 员工大会 / 500人

Ogilvy

August 2017 / Internal Meeting / 500 People





陆家嘴财富 心灵度假尊享体验

2017年3月 | 高峰论坛 | 500-600人

LJZ Wealth Management



March 2017 | Summit Forum | 500 - 600 people





梅赛德斯奔驰心灵度假尊享体验

2016年 / 品牌推广 / 600-800人

Mercedes Benz

October 2016 / Brand Promotion / 600-800 People









可口可乐上海申美心灵度假尊享体验
2016-2017年 / 品牌推广 / 800-1000人

Coca Cola Shanghai Shenmei

2016-2017 / Brand Promotion / 800-1000 People







湖南卫视《全员加速中》心灵度假尊享体验

2016年5月 / 综艺节目拍摄 / 1000人

Hunan Satellite TV Station

May 2016 / TV Show Filming / 1000 People



玛萨国际集团心灵度假尊享体验

2016-2017年 / 品牌推广 / 1200人

Masa Beauty

2016-2017 / Brand Promotion / 1200 People



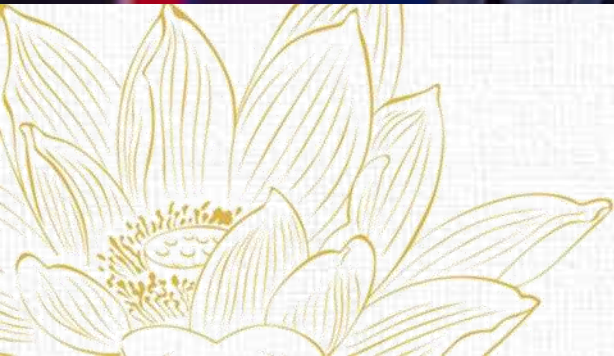


吴晓波年终秀心灵度假尊享体验

2017年12月 / 年终秀 / 1500人

Wuxiaobo Channel

December 2017 / TV Show / 1500 People





赛伯乐投资集团心灵度假尊享体验

2017年4月 / 企业年会 / 2000人

Cybernaut



April 2017 / Annual Meeting / 2000 People





联系我们 Contact Us



灵山/拈花湾预定网: www.lingshan.com.cn

会奖活动专线: 13306193661

固定电话: 0510-85968888 转会奖旅游事业部

全国免费咨询预定热线: 400-168-0303 / 3 (8:30-17:00)

地址 江苏无锡·太湖国家旅游度假区

Online booking : www.lingshan.com.cn

Special hotline for MICE activities : 13306193661

Fixed line : 0510-85968888 for MICE Tourist Biz Department

National toll-free line : 400-168-0303 / 3 (8:30-17:00)

Address : Jiangsu Wuxi·Taihu Lake National Resort District

江苏·无锡 古老的江南鱼米之乡 太湖之畔的璀璨明珠

Wuxi-Jiangsu——An ancient southern land with abundant fish and rice; a shining pearl off the Taihu Lake.

区域背景

- 依托灵山与拈花湾两大景区
- 坐拥无锡环太湖马山度假岛的独特风光
- 四时皆宜的情境场所
- 会奖旅游、培训拓展、禅修体验的不二选择

Location Advantages

- Supported by two major scenic spots: Lingshan and Nianhuawan;
- Unique scenery of Mashan Peninsula Resort around the Taihu Lake;
- An all-seasonal setting for activities;
- The best destination for incentive tour, conference, training and outward bound.



1. 上海方向：沪宁高速-无锡北互通-锡宜高速-陆区马山出口-陆马公路-梅梁路（-古竹路-灵山）-连峰路-环山西路-拈花湾（约135公里 预计车程2小时30分）
From Shanghai: about 135 km, estimated 2 hours & 30 minutes' drive

2. 南京方向：沪宁高速-无锡北互通-锡宜高速-陆区马山出口-陆马公路-梅梁路（-古竹路-灵山）-连峰路-环山西路-拈花湾（约140公里 预计车程2小时30分）
From Nanjing: about 140 km, estimated 2 hours & 30 minutes' drive

3. 杭州方向：宁杭高速-锡宜高速-陆区马山出口-陆马公路-梅梁路（-古竹路-灵山）-连峰路-环山西路-拈花湾（约170公里 预计车程2小时50分）
From Hangzhou: about 170 km, estimated 2 hours & 50 minutes' drive

4. 与无锡火车站距离（Time and Distance to Wuxi Railway Station）
·驾车1小时5分钟/35公里到灵山胜境
1 hour and 5 minute-drive/35 kilometres to Lingshan Buddhist Scenic Spot
·驾车1小时10分钟/37公里到灵山小镇·拈花湾
1 hour and 10 minute-drive/37 kilometres to Lingshan Town·Nianhuawan

5. 与无锡东站距离（Time and Distance to Wuxi East Railway Station）
·驾车1小时35分钟/55公里到灵山胜境
1 hour and 35 minute-drive/55 kilometres to Lingshan Buddhist Scenic Spot
·驾车1小时40分钟/57公里到灵山小镇·拈花湾
1 hour and 40 minute-drive/57 kilometres to Lingshan Town·Nianhuawan

6. 与无锡苏南硕放机场距离（Time and Distance to Shuofang International Airport）
·驾车1小时40分钟/58公里到灵山胜境
1 hour and 40 minute-drive/58 kilometres to Lingshan Buddhist Scenic Spot
·驾车1小时45分钟/60公里到灵山小镇·拈花湾
1 hour and 45 minute-drive/60 kilometres to Lingshan Town·Nianhuawan

行车路线
Route





Wuxi Lingshan · Z-MICE

无锡灵山 · 东方禅意会奖旅游目的地