



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

Taiji Lesson and Local Breakfast in Beijing

Tour City

Beijing

Tour Snapshot

Take a kick-ass Taiji boxing class with a Yang-style master and find out why this type of martial art appeals to people the world over. Take a quick tour of the Drum and Bell district and its magical towers before stopping to sample an authentic Chinese breakfast, with your local guide leading the way. A fabulously enthralling and quirky way of immersing yourself in Chinese culture.

Highlights

- Learn the art of Taiji Boxing with a master and disciple of the Yang style
- Take a mini tour of the Drum and Bell Tower neighbourhood
- Enjoy an authentic Beijing breakfast of steamed buns at a locals' favourite restaurant
- Spend time with a Beijing native who will give you the inside track on local customs, Chinese etiquette, and what to see and do during your stay in this bustling metropolis

Inclusions: Local English-speaking guide, Taiji lesson fee, breakfast as per itinerary.

Exclusions: Additional food and drinks, transportation to and from the meeting point, souvenirs and personal shopping, tips/gratuities for your guide.

Schedule details

- Duration: 2-2.5 hours
- Meeting point:
ShiChaHai Metro Station (line 8), outside of exit C.

View on Google Maps.
- Find the exact meeting point with what3words: [///damp.neutron.starred](https://www.what3words.com/#!/en/damp.neutron.starred)
- Starting time: 8.00 AM
- Ending point:
Drum and Bell Tower Area

Full Itinerary

We will meet early in the morning and take a whistle stop tour of the delightful Drum and Bell district with its famous 13th-century towers. Then, it's onto the main event: immersing yourself in the mystical world of Taiji Boxing.

For 90 minutes, you will follow a Taiji Master and disciple of Yang's style of Taiji Boxing to learn about and then have a go at this ancient and revered Chinese sport. Taiji focuses on improving oneself mentally and physically, so be prepared to come away better than you began!

Characterised by deliberately slow, rhythmic movements, Taiji deals with the delicate balance between Yin and Yang and the harmony between human beings and nature. This makes it not only a martial arts theory but also a treasure trove of the profound wisdom of life.

Once you have mastered the art of Taiji, worked up a sweat, and crammed your brain full of life lessons, it is time to fill our stomachs. We will visit a local restaurant to taste an authentic local breakfast, featuring steamed buns, fried dough sticks, mung bean milk, and stewed pork liver.

Our tour will end after our meal, but before you go, be sure to talk to your local guide to help you discover where locals eat, drink, and shop in Beijing, so that you can get the best out of the Forbidden City during your visit.

Additional information

Inclusions: Local English-speaking guide, Taiji lesson fee, breakfast as per itinerary.

Exclusions: Additional food and drinks, transportation to and from the meeting point, souvenirs and personal shopping, tips/gratuities for your guide.

Dress standard: Because the clients will learn Taiji, so please do wear loose or comfortable clothes. (stretching and deep squat... ..)

Your Trip: For your Urban Adventures, you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page

Local contact

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