

Journey of Relaxation and Pressure Reduction-Hualien Pastoral (Toursim+Therapy Across County and Suburb)

(I) Time: 3 days 2 nights

(II)Target: Patients with symptoms such as insomnia, depression and anxiety, or plus one friend or relative. Quota limited to 4-6 people.

(III)Location: Hualien (PromisedLand Resort & Lagoon+Butterfly Valley Hot Spring Resort)

(IV)Expense:

(Gifts: soul music CD, notebook, guidebook, emotional management techniques)

(V) Treatment Curriculum Guideline

1. A professional doctor and a clinical psychologist (or a nurse) to conduct (group therapy) or individual psychological counseling. Also a tour guide and a professional tour leader to explain the sites on the spot.

2. A psychotherapist will conduct individual therapy on the first day. He will assign and arrange suitable classes based on his diagnosis of the patient's past experience and temperament, and also depending on the individual case.

3. Class categories (multiple choices allowed)

- (1) Individual consultation
- (2) Group therapy
- (3) Individual hypnotherapy
- (4) Zen dance
- (5) Meditation
- (6) Sitting still

* Notes:

1. Our company reserves the right to change the itinerary depending on the situation, subject to prior notification to the involved parties.

2. If one isn't able to participate after registration, one should inform the company one day prior to the trip. One can proceed with refund according to relevant provisions of the tourism industry.

Activity Itinerary

The first day

- 06:30 Arrive at the Songshan Airport, gather(at the VIP room rented from the airline company)
- 07:25 Departure (Songshan—Hualien)
- 08:00 Arrive at the Hualien Airport
- 08:20 Go to the Promisedland Resort & Lagoon. Explain about the itinerary plan of this tour and related items, and introduce one to another. Use lavender essential oil to create a relaxing atmosphere inside the vehicle. Teach everyone how to create relaxing atmosphere inside their own vehicles, especially for the high-ranking executives who have a lot of pressure from work and must calm their minds down within a short time to face the upcoming challenge.
- 09:40-12:00 Zen dance, group activity time/theme to be announced
- 12:00-13:00 Enjoy lunch and lunch break at the hotel
- 13:00-18:00 The doctor conducts individual diagnosis and offer individual consultation and professional advices. He uses these interactions to assign groups and arrange therapy for the following five days depending on the individual case(NT\$5000 per person per hour). Free activity during the non diagnosis periods. Clients are free to use the various softwares and hardwares at the workshop.
- (Diagnosis by two doctors at the same time for five hours, 6 people finish individual talks)
- 18:00-19:30 Enjoy dinner at the hotel
- 20:00-22:00 Enjoy Moore massage pool and family-size ultrasound massage pool SPA
- 22:00 Return to room for rest
- (Accommodation: Promisedland Resort & Lagoon or Butterfly Valley Hot Spring Resort)

The second day

- 05:30 morning call
- 06:00-07:00 Stretch in the forest- merge with the nature
- 07:00-08:00 Breakfast
- 08:00-12:00 Individual hypnotherapy or individual psychological consultation (market price NT\$8000 per hour per person)
- 12:00-13:00 Enjoy lunch at the hotel
- 13:00-17:00 Go to Carp Lake to enjoy the local pastoral vistas of Hualien, the cuisine and a leisurely bicycle trip around the lake.
- 17:00-17:30 Go back to the hotel
- 18:00-19:30 Enjoy the unique and healthy style meal at Ilien Chamber
- 20:00 Classes of music enjoyment, medication, sitting still
- 21:00 Return to room for rest

(Accommodation: Promisedland Resort & Lagoon or Butterfly Valley Hot Spring Resort)

The third day

- 06:30 morning call
- 07:00-08:00 Breakfast
- 08:00-12:00 Group therapy class (market price NT\$10,000 per person)
- 12:00-13:00 Enjoy lunch at the hotel
- 13:00-17:00 Zen dance, music therapy etc. (market price NT\$4000)
- 17:00-18:30 Enjoy outdoor SPA to achieve whole body relaxation and alleviate long term fatigue and pressure.
- 18:30-19:30 Enjoy dinner at the hotel
- 19:30-21:00 Return to Hualien city to purchase souvenirs and famed local produces
- 21:00 Plane ride from Hualien Airport to Songshan Airport.