



NEW! Additional RETREAT

FORMENTERA

TCM DETOX & QI GONG RETREAT

18th – 24th October 2022





Formentera

Simple. Remote. Relaxed.

Formentera - a tiny island in the Med.

Some of the most beautiful beaches ever, a few lighthouses and old fig trees: the luxury of simplicity. Our Formentera holiday comes with detox, qi gong & mindfulness.

And lots of time to enjoy the beauty of Formentera, to swim and chill.

We stay in a traditional, rustic finca within walking distance to the crystal clear Formentera waters.

Our Chinese Medicine based dishes are fully organic and pimped with love and superfoods



Our days begin with Qi Gong under pine trees or at the beach, followed by a lovely freshly cooked breakfast. What's next?

Chill, recharge and let yourself be pampered (massages, acupuncture). Go swim, walk or cycle along the island's wonderful beaches.



Our Retreat Package

- 6 nights with organic detox full board on a finca 800 m from the crystal blue sea
- 3 fully organic, freshly cooked meals per day,
- 1 day Budda Bowl lunch take away
- Detox & herbal teas, energized water all day
- 1 Power of Detox - lecture
- 10 Qi Gong & mindfulness sessions
- 8-12 participants

The retreat starts with dinner on the first day and end with breakfast on departure day.

900 € Retreat incl. organic full board 18th – 24th October 2022

Double occupancy, depending on category 390 € - 490 € p.P.

Single room depending on category 590 €, 690 € or 890 € p.P.



Your Team in Formentera

Ursula Peer

Wirtschafts-und Sportwissenschaftlerin, TCM Ernährungsberaterin und Autorin hat ihre eigene, erfolgreiche Formel auf Basis der Traditionell Chinesischen Medizin, des Basenfastens und aktueller Ernährungslehren kreiert und serviert seit 2009 voll biologische, glutenfreie, milchfreie mediterrane Fusionsküche, die sie liebevoll mit Superfoods und Wildkräutern verfeinert.

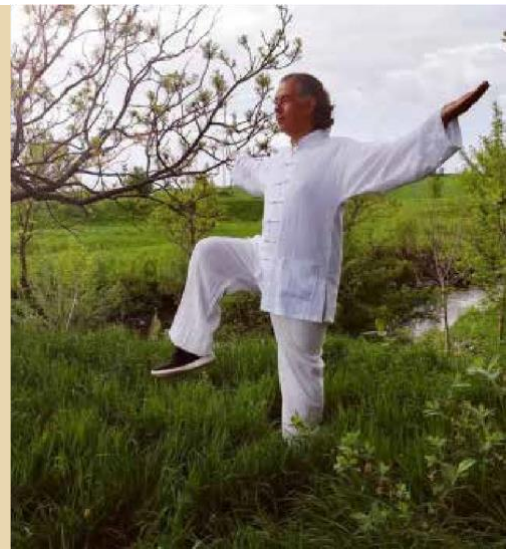
www.ursulapeer.com

Thomas Hudecek

praktiziert seit über 20 Jahren Qi Gong, Tai Chi und Achtsamkeit und ist ein Meister seines Fachs. Zwei -optionale- Qi Gong Einheiten morgens und abends geben Ruhe, Kraft und sind eine wunderbares Erlebnis.

Thomas` Unterricht ist easy, undogmatisch und inspirierend.

www.taichi-schule.at



Unser Paradies

Auf Formentera

Seit 2015

800 m vom kristallklaren Meer entfernt

Your Team in Formentera

Ursula Peer



Ursula Peer

Certified TCM nutritionist, author, speaker
Cooks her own organic detox recipes based on
Traditional Chinese Medicine & alkaline diet.
She serves organic, gluten-free,
dairy-free Mediterranean fusion cuisine
pimped with superfoods, refined with wild
herbs since 2009. www.ursulapeer.com

Thomas Hudecsek



Thomas Hudecsek

has been practicing Qi Gong & mindfulness for
more than 30 years and is a master of his trade.
Two -optional- Qi Gong sessions morning and
evening add power and wonderful peace.
Thomas` sessions are easy, undogmatic and
inspiring. www.taichi-schule.at

We look forward to spending an inspiring week in paradise together!

Do not hesitate to contact me for further details:

info@ursulapeer.com



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www.detoxmallorca.com

BOOKING FORM TCM DETOX RETREAT 2022



18th – 24th October 2022

| | |
|---|--|
| Full Name: | |
| Email: | |
| Date of Birth: | |
| Adress: | |
| Mobile: | |
| Room request (category/single/shared if shared with whom) | |

Retreat fees: 900 € retreat with full board, payment to Ursula Peer with invoice in advance.

Accommodation prices: Double room depending on category 390 - 690 € p.p., single room depending on category 590 - 890 € p.p., payment cash on site - directly to the finca. Budget category rooms share a bathroom with another room or are small rooms.

Cancellation policy: Your registration is binding. Should it be impossible to travel or hold the retreat as planned for public health restrictions retreats costs will be reimbursed.

The organizers assume no liability for flights or other expenses on the part of the customer.

If you cancel for reasons other than the above mentioned health policy before the start of the retreat, a processing fee of 100 € will be charged. The cancellation fee from eight weeks before the start of the retreat is 100%, a replacement participant can be announced free of charge. A detailed program and travel information will be sent 2-3 weeks prior to retreat start. Our phone numbers, accommodation address and coordinates will be provided, as well as recommendations how to best prepare for the DETOX Retreat.

I hereby book a retreat in the above-mentioned retreat on Formentera and reserve a room in the finca, I accept the above conditions and cancellation policy. I agree that my personal data mentioned above can be used for planning and coordination purposes of the retreat program.

Date,

Signature

Ursula Peer

www.ursulapeer.com

info@ursulapeer.com

+43 664 38 36 417

Please email this signed form to info@ursulapeer.com