



TCM DETOX DELUXE

# QI GONG & THERMAL RETREAT 2023

16th – 21st March 2023, Mallorca



## PACKAGE

6 Days, 5 Nights at \*\*\*\*\*Thermal SPA & Wellness Font Santa Hotel, Mallorca

Organic full board based on Ursula Peer's TCM & DETOX formula

1 HAKI FLOW treatment in purest Font Santa hot spring water with Harald Kitz

2 water meditations with Harald Kitz

1: 1 food therapy session with Ursula Peer

7 Qi Gong & Mindfulness Sessions with Thomas

1 KA HUNA Treatment with Ruben

Access to Font Santa SPA & hot springs all day

DETOX Teas and still water

Entrée to a private access to Es Trenc

## PRICES

**Retreat: 1.150 €**

**Organic full board at Font Santa \*\*\*\*\*: 1.325 - 1.850 €/depending on category**

Double room Superior with Patio, single occupancy: 1.700 €

Double room Superior with Patio, per person: 1.250 €

Double room Superior with private terrace, single occupancy: 1.850 €

Double room Superior with private terrace, per person: 1.325 €

## How the new TCM DETOX DELUXE Retreat came about...

Harald Kitz, physiotherapist, musician and founder of Haki<sup>®</sup> was born only kilometers from my home – and for more than 15 years I have been hearing miracles about his unique treatments in warm water:

From famous Hotel Hochschober to a Harper's Bazaar SPA Award at Mandarin Oriental, to Gala SPA Awards in Bad Ragaz, enthusiastic reports from my beloved clients – I simply had to get to know him and his Haki Flow treatment.



No sooner said than done!

I got in touch, we met and I was immediately taken with Harald's treatment:

You feel embraced, taken care of and safe while floating in beautiful warm water - a timeless experience I can imagine we must have felt in our mother's wombs.

Harald's loving presence and decades of experience allow for you to completely let go and leave the warm waters somewhat reformatted.

**I really wanted my guests in a TCM DETOX retreat to be able to experience Haki Flow treatments!**

That's when my location scouting started, as we need a pool with 36 degrees water for Harald's work. A pool that would meet my standards with pure water without chlorine and other toxic additives. When we signed with Font Santa \*\*\*\*\*Thermal SPA & Wellness, an exclusive 5-star boutique hotel in Mallorca, I was over the moon: My new TCM & DETOX Retreat with Haki Flow in the only thermal hot springs on the Balearics rooting back to Roman times. Amazing! I cannot wait!



Font Santa head chef Jonathan Maldonado, was immediately on fire to collaborate on this. He and his team will cook an organic DETOX menu according to my TCM DETOX philosophy in March 2023.

As it will be Jonathan who cooks, I can fully devote myself to my guests, so each guest can make use of a one-on-one session with me, receiving individual recommendations for the time after the retreat.

Our Qi Gong master Thomas is on board to energize and shake off winter with his beautiful qi gong sessions at the beach and under old pine trees.





# Your team on site

## Ursula Peer

Certified TCM nutritionist, author, speaker, detox chef  
Founder & owner of [detoxmallorca.com](http://detoxmallorca.com)

Ursula has been creating her own detox recipes based on Traditional Chinese Medicine & latest medical research since 2009.

She happily serves organic, gluten-free, dairy-free Mediterranean fusion cuisine, pimped with superfoods, refined with wild herbs.

[www.detoxmallorca.com](http://www.detoxmallorca.com)

[www.ursulapeer.com](http://www.ursulapeer.com)



## Thomas Hudecsek

has been practicing Qi Gong & mindfulness for more than 30 years  
He is a master of his trade.

Qi Gong sessions morning and evening are especially beneficial in spring to support detoxification and energize after winter.

Thomas` lessons are easy to follow and very inspiring.

[www.taichi-schule.at](http://www.taichi-schule.at)

## Harald Kitz

A Haki Flow treatment brings us back to a place of peace and deep relaxation – far beyond what words can express. Harald Kitz moves and stretches your body through beautifully healing warm thermal water for an entire hour, time seems to stand still, you forget everything around you. It brings all your senses to a peaceful aliveness. Shoulders, neck and head begin to relax and let go, your spine and pelvis experience new flexibility and lightness – More on Harald and his award-winning technique.

[www.haki.cc](http://www.haki.cc)



## Our Location

An incredibly stylish gem 5-star Hotel Font Santa has translated it's Roman origins into modern times: Font Santa's thermal hot springs are unique on the Balearic Islands neighboring natural park and beach Es Trenc.

[www.fontsantahotel.com](http://www.fontsantahotel.com)

# BOOKING FORM

## THERMAL DELUXE TCM & DETOX RETREAT

Welcome on board!

Please send the completed and signed booking form to [info@ursulapeer.com](mailto:info@ursulapeer.com) in order to reserve both the room of your choice and a spot in our retreat for you.

**I hereby register for the TCM DETOX DELUXE Retreat from 16th to 21st March 2023 in Mallorca**

Full Name:	
Email:	
Date of Birth:	
Address:	
Mobile #:	
Room request:	

Price:

Retreat: 1.150 €

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Double room Superior with Patio, per person: 1.250 €

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payable to FontSanta \*\*\*\*\*Thermal SPA & Wellness

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

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 decide to cancel before the start of the retreat for reasons other than prohibiting health travel restrictions mentioned above, 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. All necessary information like phone numbers, accommodation address, coordinates will be provided as well as recommendations how to best prepare for the TCM & DETOX Retreat.

Date:

Signature:

[info@ursulapeer.com](mailto:info@ursulapeer.com) | +34 622 17 90 17 oder +43 664 38 36 417 | [www.detoxmallorca.com](http://www.detoxmallorca.com)