

FORMENTERA RETREATS 2026

TCM DETOX
& QI GONG

24. - 30. May
26. Sept. - 2. October



TCM DETOX
& YOGA
WOMEN only

4. - 10. October



FORMENTERA

THE LUXURY OF SIMPLICITY



Formentera. Simple. Remote. Relaxed.

A tiny island in the Med.

Some of the most beautiful beaches ever, a few lighthouses and old fig trees.

Simplicity is the true luxury here.

These are the ingredients for your healthy time out:

A traditional Formentera finca within walking distance of the crystal clear sea, 100% organic TCM & DETOX dishes, relaxed Qi Gong sessions, perfected with 1, 2 ...or 5 blissful treatments.

Our day starts with Qi Gong or yoga under the ancient olive tree or at the beach followed by a wonderful, warm breakfast.

There is plenty of time to chill, enjoy and recharge your batteries, swim, read and cycle along the island's beautiful beaches. We meet for a sunny lunch under the bougainville followed by massages, acupuncture and organic facials.

YOUR CLEANSE

BASED ON THE ANCIENT WISDOM OF TRADITIONAL CHINESE MEDICINE

LONGEVITY DETOX



Your cleanse is designed to help you reverse the process of aging.

Your detox menu comes with three delicious, organic meals every day: a warm TCM breakfast, summer vegetables & salads with adaptogens and wild herbs and a shared sunset dinner around a big outside table. All dishes are free from gluten, animal protein, lactose, yeast, soy (except for a dash of tamari) and refined sweeteners, but full of Mediterranean flavors and delicious citric notes.

This TCM DETOX cleanse will help you age backwards, activate your body's innate healing system with satisfying, organic detox meals, treatments by TCM specialists (acupuncture, tuina & more), time to rest and indulge, outstanding movement sessions, meditation & inspiring workshops.



FORMENTERA 2026 TCM & DETOX RETREATS



PRICES

1.200 € Retreat*

TCM-DETOX Retreat with organic full board & program

***NEW: Early Bird Offer** – sign up until 31.12.2025 and **save 100 €**.

Shared double room p.p. – depending on category

May & October

390 €, 460 €, 590 €, 660 € oder 700 €

June

450 €, 590 €, 620 €, 710 € oder 790€

September

420 €, 570 €, 610 €, 650 € oder 770 €

Single use double room – depending on category

May & October

500 €, 790 €, 890 €, 990 € oder 1.100 €

June

600 €, 900 €, 1000 €, 1.100 € oder 1.200 €

September

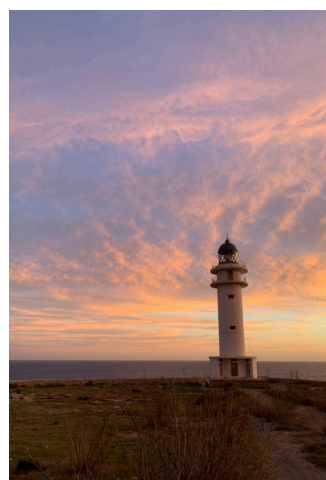
580 €, 870 €, 980 €, 1070 oder 1.170 €

Budget rooms share a bathroom with another room or are smaller than the rooms of the higher category.

***NEW: Early Bird Offer** – sign up until 31.12.2025 and **save 100 €**.

WHAT TO EXPECT

- 7 Days/6 Nights in our Finca 800 m from the beach
- Organic Full board with 3 TCM-DETOX meals/day
- 1 x Buddha Bowl take away
- All day energized water & organic tea bar with TCM & Pukka Teas
- 1 Power of TCM-Detox Talk
- Plenty of Me-Time & Formentera Beaches
- 10 Qi Gong sessions
- WOMEN'S ONLY: 5 Yoga Sessions
- WOMEN'S ONLY: surprise sessions
- My retreats are held in an exclusive group size of 8 – 14 people.





ABOUT ME: URSULA PEER

Retreat organizer

Certified TCM nutritionist, author, speaker, detox chef

Founder & owner of www.detoxmallorca.com www.ursulapeer.com

I left the corporate World to follow my calling after I healed on a TCM diet and lifestyle more than 30 years ago.

My cleanses are based on Traditional Chinese Medicine & latest medical research.

The ancient wisdom of TCM is my guiding star while a dash of biohacking is added - spoiling my international guests with effective cleanses.

I have been living and cooking in Mallorca since 2009 and serve free from Mediterranean organic cuisine, which is refined with wild herbs, medicinal mushrooms and adaptogens.



QI GONG MASTER THOMAS

Founder and owner of Taichi-schule.at

Thomas has been practicing Qi Gong & mindfulness for more than 30 years and is a master of his trade. The morning Qi Gong sessions are a wonderfully energizing experience whether under old trees or at the beach.

Thomas' lessons are fun, easy to follow and very inspiring. www.taichi-schule.at

TRAVEL

Book your flight to Ibiza.

From Ibiza airport it is quick and easy to get to Formentera, simply take a taxi or the bus L10, which runs every 20 mins. from the airport to the port.

At the port go to "Estación Marítima Ibiza - Formentera", which is the ferry port to Formentera and check for the most convenient ferry ticket for you. The ferry ride takes between 20 and 40 mins and there are 4 companies with numerous offers - there is no need to book a ticket in advance.

In Formentera rent a car, scooter or bike or get a taxi to our finca (around 15 €).

I do recommend renting a car to visit different beautiful beaches and villages.

START/END

Retreats start with dinner on arrival day and end with breakfast the last day.

Your room is available from 4 p.m. on arrival day.

Detailed information will be sent out 4 weeks before the start of your retreat.

Our phone numbers, travel information, exact address and coordinates are included, as well as recommendations on how to best prepare for the DETOX retreat.

BOOKING FORM TCM DETOX RETREAT

☐ 24.05. – 30.05.2026 | Formentera

☐ 26.09. – 02.10.2026 | Formentera

☐ 04.10. – 10.10.2026 | Formentera

I hereby register for this retreat (please choose the date of choice)

Full Name: _____

E-Mail: _____

Date of Birth: _____

Address: _____

Mobile: _____

Room preference _____

Price: 1.200 € (NEW: 1.100 € when you sign up until 31.12.2025) for the retreat with full board, prepayment to Ursula Peer via invoice.

Price Accomodation Double room depending on category 390 – 790 € p.p., single occupancy double room depending on category 500 – 1200 € p.p., payment cash on site directly to the finca. Budget category rooms share a bathroom with another room or are small rooms.

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 below. I agree that my personal data mentioned above can be used for planning and coordination purposes of the retreat program.

Date:

Signature:

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 any other reason before the start of the retreat, a processing fee of 300 € 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 VERY WARM WELCOME!

Wonderful to have you on board!
We are over the moon that you will spend a week of your precious holiday with us.
Please send your signed booking form to
info@ursulapeer.com,
to reserve the place of your choice.