



Qi Gong & DETOX Retreat, Mallorca

So 19th – Sa 25th Feb, 2023



Almond blossoms, spring greens & a fresh start!

SPRING POWER!

Almond blossoms, green meadows, sea breeze and the Mediterranean flavors of wild asparagus and lemon awaken the spirits. Detox in spring is easier than ever and exercise is never more fun than in spring. Our retreat days start with easy-going Qi Gong under old carob and olive trees - ideal for our body after winter followed by a warm breakfast based on TCM principles:

Then you decide how your day shall unfold - with massages, a trip to the beach or market or simply with your favorite book by the pool.

Your team on Mallorca



Ursula Peer

Certified TCM nutritionist, author, speaker
Designs her own detox recipes based on Traditional Chinese Medicine & latest medical research. She has been serving her organic, gluten-free, dairy-free Mediterranean fusion cuisine pimped with superfoods, refined with wild herbs since 2009. www.ursulapeer.com



Thomas Hudcsek

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 wonderful strength and peace. Thomas' lessons are easy, undogmatic and inspiring. www.taichi-schule.at

WHAT TO EXPECT:

- 6 nights with organic detox full board at Finca Sa Nau
- 3 fully organic, freshly cooked meals per day, 1 Day Budda Bowl Lunch Take away
- Detox & herbal tea, energized water all day
- 1 Power of Detox talk
- 10 Qi Gong & mindfulness sessions
- Free time to enjoy your holiday: read, hike, sleep, massage & beauty treatments
- 8-12 participants
- The retreat starts with dinner on the first day and ends with breakfast on the day of departure

COST:

1.100 € Retreat incl. organic detox full board

Add accommodation cost:

Double room 695 € p. P. , Single room 895 - 995 € p. P. depending on category

**FINCA SA NAU**

We stay on an exclusive Mallorcan finca with a huge Mediterranean garden, pool, yoga room, terraces, countless secluded corners - 20 minutes' drive from the sea.

If enough cars are available, a beach session at Es Trenc beach is possible.

Blissful treatments can be booked for an additional fee: Organic facials and body treatments, massages, Ka Huna, Reiki, Reflexology etc.

ARRIVAL / TRANSFER / CARS / DEPARTURE

Our retreat starts with dinner on Saturday evening with dinner and ends with breakfast on Saturday morning, rooms can be available from 4 pm on arrival day.

We recommend renting a car in order to be free to visit beaches and surroundings.

Free transfers to/from the airport of Palma de Mallorca will be arranged on arrival and departure days.

BOOKING FORM



QI GONG & DETOX RETREAT

19th – 25th February 2023

Full name:	
Email:	
Birth date:	
Adress:	
Pregnancy/Nursing	This retreat is NOT SUITABLE if you are pregnant. Please refrain from doing detox programs while pregnant or nursing, it could harm your baby.
Mobile:	
Package & Price	

BOOKING

In order to finalize your registration and reserve the room of your choice, we kindly ask you to return this completed and signed form to info@ursulapeer.com

CANCELLATION policy:

A registration is binding.

If travel and hospitality restrictions change and make it impossible for us to hold the retreat 100 % of your retreat expense will be refunded within a week.

Please note that the organizers cannot assume any liability for flights or any other expenses on your behalf, we recommend organising a travel insurance.

If you decide to cancel prior to the start of the retreat a processing fee of € 100 will be charged up From fourteen days before the retreat, the cancellation fee is 100 % if you decide to cancel for reasons independent of the above mentioned restrictions, a replacement participant can be appointed free of charge.

LIABILITY

I..... (name) confirm, that my participation in this event is voluntary and at my own risk. I understand that I am responsible for my own health. The information provided in the retreat is *not* intended to be a substitute for professional medical advice. I will consult my doctor before attending this retreat. I will not attend this retreat when pregnant or nursing.

I release the facilitators and organizers of any consequences arising from any activity in this programme I participate in, I release them from any liability for any claim, demands, injuries, actions or causes of actions to my person or property arising out of or connected with services or facilities provided by facilitators and organizers of the programme. I have carefully read with full, definite, clear understanding and freely enter the agreement of this liability waver and booking form.

I hereby book the above selected Detox & Qi Gong Retreat and accept the above stated terms, conditions and cancellation policy.

With my signature I express my consent to processing my above mentioned personal data for the sole purpose of planning and coordinating the retreat program.

Name, Date, signature

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Wonderful to have you on board!

We are very happy that you will be joining us for our Detox & Qi Gong Retreat.

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