

TCM DETOX THERMAL DELUXE RETREAT 2024

10 – 15 March 2024
27 October – 1 November 2024



Package

6 Days, 5 Nights in *****Thermal SPA & Wellness FontSanta Hotel, Mallorca
Organic TCM DETOX – Full board „Food is medicine“
1: 1 individual TCM DETOX Health Assessment incl heavy metal testing with Ursula Peer
1 Power of Detox Talk with Ursula Peer
1 HAKI FLOW treatment in FontSanta thermal water (1:1 with Harald Kitz in March)
Qi Gong & Mindfulness Sessions
Ice Bath experience
All day access to Thermal SPA
All day DETOX Tea Bar & still water
Exclusive Access to the Beach of Es Trenc, Natural Parc

Rates:

Retreat: 1.100 €

Organic Full Board FontSanta *****Thermal SPA & Wellness Double Superior for single
occupancy: 1.950 € Double Superior per person: 1.375

What & whom to expect:

TCM DETOX - Ursula Peer

Retreat organizer

Certified TCM nutritionist, author, speaker, detox chef

Founder & owner of detoxmallorca.com

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

She left the corporate World to follow her passion after she healed on a TCM diet and lifestyle. Ursula organizes retreats, teaches cooking classes and serves organic, gluten-free, dairy-free Mediterranean fusion cuisine, pimped with superfoods, refined with wild herbs.

www.detoxmallorca.com

www.ursulapeer.com



Font Santa head chef Jhonatan Maldonado



and his team are on fire adapting their decorated dishes to our TCM and DETOX needs.

Jhonatan and his team cook amazing organic menus according to my TCM DETOX philosophy and received standing ovations on our first retreat.

It gives me the wonderful opportunity to be a guest at my own retreat while devoting myself to our lovely retreat guests.



Qi Gong & Mindfulness mit Thomas Hudecsek (March retreat)

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 wonderful energizing experience whether under old pine trees or directly at the beach.

Qi Gong is especially beneficial in spring supporting detoxification after winter.

Thomas' lessons are fun, easy to follow and very inspiring.

www.taichi-schule.at

Haki Flow by Harald Kitz (March retreat)



Founder and owner of Haki.cc Harald's highly decorated Haki Flow treatment (*Haarper`s Bazaar SPA Award Mandarin Oriental, Gala SPA Award Bad Ragaz etc*) brings us back to a place of peace and deep relaxation – far beyond what words can express. Harald - we call him our water shaman - moves and stretches our body through beautifully healing warm thermal water for an entire hour.

Time seems to stand still. The treatment relaxes shoulders, neck, spine and pelvis. It brings us into a state of

peaceful aliveness and calms our busy minds. www.haki.cc

Our Location - FontSanta *****Thermal SPA Hotel



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



BOOKING FORM TCM & DETOX THERMAL DELUXE RETREAT

Please send the completed and signed booking form to info@ursulapeer.com in order to reserve both the room of your choice and your place at the retreat.

10. – 15.3. 2024 - QI GONG

27.10. – 1.11. 2024 QI GONG

Name:	
E - Mail:	
Birth Date:	
Adress:	
Mobile #:	
Single/Double Room (with whom?)	

Prices: Retreat: 1.100 € plus organic full pension at FontSanta *****Thermal SPA & Wellness Hotel
Double Superior for single occupancy: 1.950 € Double Superior per person: 1.375

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

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

If you as the participant decides 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. Useful information, phone numbers, address, coordinates will be provided as well as recommendations how to best prepare for the TCM & DETOX Retreat

Date:

Signature: