



# DEEP CLEANSE TCM DETOX & QI GONG RETREAT

in collaboration with INUS Medical Center Cham,  
Bavaria, 13. - 20. April 2024



## The new BLOOD CLEANSE Retreat

This new TCM DETOX retreat in collaboration with the INUS Medical Center is the most cutting-edge format for chronically compromised guests I ever had the opportunity to offer.

We hold our TCM & Qi Gong retreat just around the corner from the international INUS Medical Center in Cham, where individual consultations are arranged.

Given a medical indication 2 INUSpheresis (blood cleanse) can be performed during the time of the retreat.

<https://www.inusmedical.de/inuspheresis-englisch/>





## Food & Health

**Food can be the slowest form of poison or the safest way to health** Ann Wigmore beautifully said – and I have found an incredible amount of truth in her words in my own life over the past 30 years.

The wisdom of traditional Chinese medicine combined with a modern detox approach has consequently helped so many guests thrive and reclaim their health.

Yet modern life often comes with a hugely increased toxic load and other health challenges that lead to chronic disorders which have become a burden for so many.

## This is where the BLOOD CLEANSE comes in!

When I discovered the **INUS clinic and their milestone treatment “INUSpheresis® “(blood wash)** I sensed that it could bring relief to many guests who had been on a health quest for long.

“We specifically wash out environmental toxins which cause illness and inflammation from the blood...reduce inflammation...filter out malformed autoimmune antibodies...deliberately removing their triggering factors” their website states.

“The INUSpheresis® has been tested, scientifically monitored and further developed by numerous doctors for decades.... It has proven itself in more than 25,000 applications. We see it as our task to restore the body to its natural ability to regulate and function properly. The INUSpheresis® is essential for us and an indispensable part of our causal therapy.” After testing the procedure myself, which helped miracles for my own Long Covid situation in 2022 I organized the first retreat of its kind in 2023 in Bavaria.

## This is why we come back to in Bavaria in 2024!

Our TCM & Qi Gong retreat again happens not far from the international INUS Medical Center in Cham, where individual consultations with their physicians are pre-arranged.

Given a medical indication 2 x blood cleanses can be performed during the time of the retreat.



## What to expect during our TCM & Qi Gong Retreat:

- My popular TCM DETOX food – 3 organic “Free from” meals per day
- Daily Qi Gong with Thomas in our own park
- Simple, lovely accommodation in beautiful nature
- Beautiful hiking trails starting right our house
- Time for yourself

## The Location

An old glass factory on river Schwarzach was beautifully transformed into the "Seminarium im Murnthal". The river, which once powered the machines today runs the in-house power plant. The beautiful park with old trees and romantically mossy granite boulders, takes us to a different place in time -and hosts our Qi Gong Sessions. The entire venue with garden, a qi gong room for weather emergencies, the kitchen and apartments exclusively reserved for our retreat.



## OUR SERVICES

- 6 nights organic full board, Alte Glasschleife, Murnthal
- 3 organic TCM DETOX meals prepared by Ursula Peer per day
- 10 Qi Gong & mindfulness – sessions with Qi Gong Master Thomas
- 1 Anamnesis arrangement with the INUS Medical Centre, Cham
- 1 Power of TCM & Detox Session with Ursula Peer
- Detox & Herbal Teas, energized water all day
- Hiking trails start right at Alte Glasschleife
- Exclusive group: 8 -12 participants
- The retreat starts with dinner upon arrival and ends with breakfast the day of departure

## PRICING

### RETREAT

TCM DETOX & Qi Gong Retreat **1.690 €**

### ACCOMODATION

#### Alte Glasschleife:

**995 €** Single room with private bath, **795 €** shared room with private bath

**795 €** single room shared bath, **595 €** shared room with shared bath

### INUS TAGES KLINIKUM Cham

2 x INUSpheresis (blood cleanse) incl. Dark field microscopy **5.280 €**



## Your retreat team on site



### TCM DETOX - Ursula Peer

Retreat organizer

Certified TCM nutritionist, author, speaker, detox chef

Founder & owner of [detoxmallorca.com](http://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](http://www.detoxmallorca.com) [www.ursulapeer.com](http://www.ursulapeer.com)



### Thomas Hudecsek

Founder & owner of [Taichi-Schule.at](http://Taichi-Schule.at)

Thomas has been practicing qi gong & mindfulness for more than 30 years.

He is a master of his trade while his lessons are easy to follow and very inspiring for absolute beginners as well as experienced qi gong guests.

Qi gong sessions morning and evening are especially beneficial harmonize our energy and calm and strengthen our mind.

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



# BOOKING FORM

We look forward to welcoming and serving you throughout our TCM & DETOX retreat. Please get in touch before booking, so I can walk you through the retreat and the collaboration with the clinic. To book your spot at this retreat please send this signed booking form to: [info@ursulapeer.com](mailto:info@ursulapeer.com). We will take care of everything so your stay at our retreat will be an absolute pleasure and a wonderful investment to your health and wellbeing.

## TCM DETOX & Qi Gong Retreat

13. – 20.04.2024 | Bavaria

Full name	
E-mail:	
Birth date:	
Adress:	
Mobile:	
Accommodation preference	

**Retreat: 1.690 €**

**Accommodation:**

**995 €** Single room with private bath, **795 €** shared room with private bath

**795 €** single room shared bath, **595 €** shared room with shared bath

**I hereby book a retreat spot in the above-mentioned retreat in Bavaria 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, retreat 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 4 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:

