



LANZAROTE 2022

TCM DETOX & QI GONG
20th – 26th February 2022



“Magic dwells in each beginning”

Hermann Hesse summed it up so beautifully.

That's the way I feel about prepping a retreat in such a magical new destination. Lanzarote.

Perhaps you too have heard about Lanzarote's vibrant energy before.

I set foot on the black island for the first time in February 2021, when I treated myself to a surf trip for my 50th birthday.

To be honest - I didn't expect to fall for the island.

I went for friendlier waves than Hawaii. And some bikini sun in February.

But thenLanzarote put me under its spell.

It is - very different.

Tranquil and full of energy at the same time.

Warm and pleasantly soft air brushes your cheeks.

The colors of the Atlantic meet with the small white-green houses and the black soil.

People are relaxed and calm ...

Reasons enough to escape to the first TCM DETOX retreat of the year on Lanzarote in February 2022 together with Thomas, our Qi Gong master.

I found a wonderful villa with sea view and heated pool. And for the first time in retreat history I will be on my way with two suitcases instead of my entire retreat circus. What a fresh start in the spring of the Year of the Water Tiger 2022!



PRICES:

1100 € retreat including organic detox full board
Accommodation at our Retreat villa :
Double room 690 € p.p.
Single room 990 € p.p.

OUR SERVICES:

6 nights with organic detox full board in Macher
3 fully organic, freshly cooked meals per day,
1 day Buddha Bowl lunch take away
Detox & herbal tea, energized water
1 Power of Detox lecture
10 Qi Gong & mindfulness sessions
Minimum 8, maximum 12 participants
The retreat starts with dinner the first night and ends with breakfast on departure day.



Your team on Lanzarote



Ursula Peer

Certified TCM nutritionist, author, speaker
Cooks her own organic detox recipes based on
Traditional Chinese Medicine & alkaline diet.
She is happily serving 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 20 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



BOOKING FORM TCM DETOX RETREAT 2022

Please email this signed form to info@ursulapeer.com



Lanzarote, 20th – 26th February 2022

Full Name:	
Email:	
Date of Birth:	
Address:	
Mobile:	
Room request (category/single/shared if shared with whom)	

Retreat fees: 1.100 € retreat with full board, payment to Ursula Peer with invoice in advance.

Accommodation prices: Double room 690 € p.p., single room 990 € p.p., payment cash on site - directly to the owner.

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 reasons other than the above mentioned health policy before the start of the retreat, 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. Our phone numbers, accommodation address and coordinates will be provided, as well as recommendations how to best prepare for the DETOX Retreat.

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

Date,

Signature