



FORMENTERA 2022



TCM DETOX & QI GONG

29 May - 4 June 2022

24 - 30 September 2022

TCM DETOX, CHILL & YOGA

2 - 8 October 2022



Simple. Remote. Relaxed.

Formentera - a tiny island in the Med.

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

Our Formentera holiday comes with detox, qi gong & mindfulness or yoga.

And lots of time to chill.

We stay in a traditional, rustic finca within walking distance to the crystal clear Formentera waters.

Our Chinese Medicine based dishes are 100% organic and pimped with love and superfoods.



Our days begin with Qi Gong under pine trees or at the beach or on the yoga mat in front of the house – followed by a lovely freshly cooked breakfast.

What`s next?

Do nothing.

Chill, recharge and be pampered (massages, organic facials, acupuncture)

Or go swimming, walking or cycling along the island's wonderful beaches.



Our services

- 6 nights with organic detox full board on a finca 800 m from the crystal blue sea
- 3 fully organic, freshly cooked meals per day, 1 day Budda Bowl lunch take away
- Detox & herbal teas, energized water all day
 - 1 Power of Detox lecture
- 10 Qi Gong & mindfulness sessions (May & September) or 5 yoga sessions (October)
- 8-12 participants (October= Girls Only Program, Men are very welcome in May & September)

Your team on Formentera



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



Prices

900 € retreat including bio-detox full board in May & September 2022

800 € retreat including bio-detox full board in October 2022

Double rooms depending on category

May 470 € or 670 € p.p.

September 490 € or 690 € p.p.

October 390 € or 490 € p.p.

Single room depending on category

May 590 €, 790 € or 990 € p.p.

September 690 €, 890 € or 1090 € p.p.

October 590 €, 690 € or 890 € p.p.

The retreats start with dinner on the first day and end with breakfast on departure day.

BOOKING FORM TCM DETOX RETREAT 2022

Please email this signed form to info@ursulapeer.com



- 29th May – 4th June 2022
- 24th - 30th September 2022
- 2nd – 8th October 2022

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

Retreat fees: 900/800 € retreat with full board, payment to Ursula Peer with invoice in advance.

Accommodation prices: Double room depending on category 390 - 690 € p.p., single room depending on category 590 - 1090 € p.p., payment cash on site - directly to the finca. Budget category rooms share a bathroom with another room or are small rooms.

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 Formentera and reserve a room in the finca, 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