

FORMENTERA 2024



TCM DETOX & QI GONG

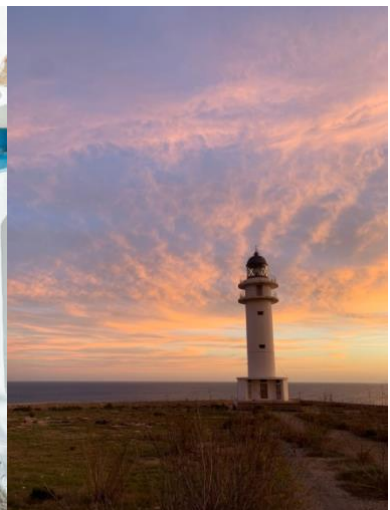
25 - 31 May 2024

2 - 8 June 2024

28 September - 4 October 2024

TCM DETOX, CHILL & YOGA

6 - 12 October 2024



Simple. Remote. Relaxed.

Formentera - a tiny island in the Med.

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

Simplicity is the true luxury.

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

And lots of time to swim and enjoy beach-time.

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

Expect my dishes to be 100% organic and home-made.

I source vibrant salads, fruits and vegetables locally at the daily farmers market.

My kitchen is based on the ancient wisdom of Chinese Medicine, full of Mediterranean flavors, detox know how 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?

Mainly chilling.

And letting yourself be pampered with massages, organic facials, acupuncture and more.

Swimming, walking or cycling along the island's wonderful beaches.

Lunch is served under the bougainvillea covered outside tables.

The evening qi gong sessions bring serenity and peace, before our warm, cooked detox dinner. which sometimes is followed by retail therapy (aka night shopping at the small villages).





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 Buddha Bowl lunch take away
- Detox & herbal teas, energized water all day
 - 1 Power of Detox lecture
- 10 Qi Gong & mindfulness sessions (May, June & September) or 5 yoga sessions (October)
 - 8-14 participants



Your team on Formentera



Ursula Peer

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



Thomas Hudecsek

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

Prices 2024

990 € retreat including bio-detox full board in **May, June & September 2024**

900 € retreat including bio-detox full board in **October 2024**

Double rooms depending on category

May 390 €, 460 €, 590 €, 660 € or 700 € p.p.

June 450 €, 590 €, 620 €, 710 € or 790€

September 390 € , 550 €, 590 € 650 € or 750 € p.p.

October 390 €, 460 €, 590 €, 660 € or 700 € p.p.

Single occupancy (double room) depending on category

May 500 €, 790 €, 890 €, 990 € or 1.100 € p.p.

June 600 €, 900 €, 1000 €, 1100 € or 1200 €

September 550 €, 850 €, 950 €, 1050 or 1150 € p.p.

October 500 €, 790 €, 890 €, 990 € or 1.100 € p.p.

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

BOOKING FORM TCM DETOX RETREAT 2024

Please email this signed form to info@ursulapeer.com



- 25th - 31st May 2024
- 2nd – 8th June 2024
- 28th September - 4th October 2024
- 6th - 12th October 2024

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

*Retreat fees: 990/900 € retreat with full board, payment to Ursula Peer with invoice in advance.
Accommodation prices: Double room depending on category 390 - 790 € p.p., single occupancy double room depending on category 500 - 1200 € 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 approx. 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