



TCM DETOX & QI GONG RETREAT

in collaboration with intern. INUS Medical Centre Cham,
Bavaria, 15. - 21. April 2023



CUTTING EDGE DETOX

This brandnew TCM DETOX retreat in collaboration with the INUS Medical Centre is an absolute milestone, the most cutting edge format I ever had the opportunity to offer.

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

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

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





What to expect during our TCM & Qi Gong Retreat:

- My popular, organic TCM DETOX food
- Qi Gong with Thomas in our own park
- Lovely accommodation in beautiful nature
- Bicycles await you as well as
- Beautiful hiking trails starting behind 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 you 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 11 apartments with 1 – 2 bedrooms are exclusively reserved for our retreat.

The nearest international airports are Munich (2 h, 160 km) and Nuremberg (1.5 h, 115 km).



OUR SERVICES

- 6 nights organic full board, Alte Glasschleife, Murnthal
- 3 organic TCM DETOX meals prepared by Ursula Peer
- 10 Qi Gong & mindfulness – sessions with Qi Gong Master Thomas
- 1 Anamnesis with the INUS Medical Centre, Cham
- 1 Power of TCM & Detox Session with Ursula Peer
- Detox & Herbal Teas, energized water all day
- Bicycles to explore the beautiful surroundings
- Hiking trails start right at Alte Glasschleife
- Exclusive group: 8 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 team on site



Ursula Peer

Certified TCM nutritionist, author, speaker, detox chef
Founder & owner of detoxmallorca.com

Ursula has been creating her own detox recipes based on Traditional Chinese Medicine

& latest medical research since 2009.

She happily serves organic, gluten-free, dairy-free Mediterranean fusion cuisine, pimped with superfoods, refined with wild herbs.

www.detoxmallorca.com

www.ursulapeer.com



Thomas Hudecsek

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

He is a master of his trade while Thomas` 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 in spring to support detoxification and energize after winter.

www.taichi-schule.at



BOOKING FORM

We look forward to welcoming and serving you throughout this cutting edge retreat. In order to reserve a spot at this retreat please send us this signed booking form to: info@ursulapeer.com. We will take care of everything so your stay at our retreat will be an absolute pleasure and the best investment to your health and wellbeing.

TCM DETOX & Qi Gong Retreat

15. – 21.04.2023 | Bavaria

Full name	
Email:	
Birth date:	
Adress:	
Mobile:	
Accommodation preference	

Retreat: 1.690 €

Accomodation:

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 2-3 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: