

# Exclusive 3 Day Retreat

## 18th, 19th & 20th of September 2026



**Day 1**

- **Morning:** Welcome Tea, followed by Introductions and settling into rooms / tents.
- **Midday:** Introduction to Energy Work (Qigong)  
*Lunch*  
Tour of Casa Shen grounds including stream and lower Dojo.  
“How to live a happy, stress-free life”, followed by Guided Meditation focused on needs of the group.
- **Evening:** *Dinner, Discussions and Sharing.*  
Star Gazing, hot chocolate and cake.



**Day 2**

- **Morning:** Sunrise Session covering: Shaolin Breath, basic Qigong moves, aligning centres, quieting the mind.  
*Healthy Breakfast*  
Relax by the stream, at a hidden platform or take a walk in the Monchique hills.
- **Midday:** *Lunch*  
Qigong by the stream. Letting go of limiting beliefs, expanding and finding your inner strength.
- **Evening:** *Dinner, Demonstrations, Discussions and Sharing.*  
Guided Meditation under the stars!



**Day 3**

- **Morning:** Sunrise Session: Gathering Qi from your environment. Overcoming the Mind. How to cleanse and rejuvenate your energy centres. Removing blockages and freeing yourself.  
*Healthy Breakfast*  
Introducing Yan Shou Gong (Longevity Practice)  
Grounding, Rooting and Moving Qi around your body.  
Demonstrations using Qi.  
Private Healing Sessions.
- **Midday:** *Lunch*  
Free Time/ Departure

**Prices Start at: £220 / €250 PP**  
**£307 / €350 Per Couple.**

**Contact us to reserve your place, or ask about longer retreats**



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QigongSteve