



Exclusive 3 Day Retreat. 9th, 10th and 11th May 2026

(2 nights accommodation, 3 meals a day, transfers)

DAY ONE (AM):

Welcome Tea, followed by Introductions and settling into rooms / tents.

DAY ONE (PM):

Introduction to Energy Work (Qigong)

Location: Upper Dojo.

Vegan Lunch on patio

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.

Dinner, Discussions and Sharing.

Star Gazing, hot chocolate and cake.

DAY TWO(AM):

Sunrise Session covering: Shaolin Breath, basic Qigong moves, aligning centres, quieting the mind, letting go and finding peace.

Location: Upper Dojo.

Healthy Breakfast (Porridge or Smoothy)

Private Healing Sessions (extra cost)

Find a spot next to stream, or at a hidden platform or take a walk in the peace Monchique hills.

Lunch

DAY TWO (PM):

Qigong by the stream.

Letting go of limiting beliefs, expanding and finding your inner strength.

Dinner, Demonstrations, Discussions and Sharing.

Guided Meditation under the stars!

DAY THREE(AM):

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 (Porridge or Smoothy)

Introducing Yan Shou Gong (Longevity Practice)

Grounding, Rooting and Moving Qi around your body.

Demonstrations using Qi.

Location: Upper Dojo.

Private Healing Sessions.

Lunch

Free Time.

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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