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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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