

Silent Healing Retreat

September 9-16, 2016



La Sangonera - Mallorca

The ultimate healing week for deep relaxation and opening your heart. You will connect with your Inner and Outer World!

Balance yourself and energize your body and mind. This week is a unique offer to come home to your true self and to (re)connect with your heart.

We, Peter, Asta and Denise will guide you through this process in a 8-day retreat. For this special week, we invited Asta, she is a good friend and a professional Qigong teacher and healer!

We offer you a daily program with exercises for body, mind and soul. Meditation, Qigong and Breath Work are part of this program and ofcourse there will be healing in personal sessions.

In this week there will be days of complete silence.

Surrender yourself to a wonderful week, where everything is almost perfect. Not talking, becoming silent, will silence your mind and deepen your experience. When your mind becomes still, answers to your questions will come to you naturally.

Besides the program you will have enough free time to relax and enjoy the swimming pool or to go for a hike or whatever else you would like to do.

Only 6-8 people can participate in this exclusive week.

The price is €1200,- all inclusive, except for the transfers from and to the airport.

