

Qi Gong & Meditation Retreat to Cilento Coast Italy

April 30th to May 4th 2015

5 days, 4 nights



PACKAGE INCLUDES

Full board in 4 Star Hotel with Pool in Santa Maria di Castellabate. Transfers to and from Naples Airport on April 30th and May 4th 2015. Excursion on Day 4 of the stunning coast with evening buffet on the seafront of Santa Maria.

SYLLABUS

Daoist meditation to release stress, Shaolin Qi Gong 8 Silk Brocade and Tai Chi.

Train traditional Qi Gong self-healing exercises using breath and movement and deep stretching to release stress and energise the body.

Meditation will also be a large part of the retreat, aimed to reconnect with ourselves and learn how to listen to our body's deep wisdom.

A beginner will feel immediate benefits and feel their chi flow with an emphasis on applying these methods in our daily lives.

These methods help us promote mindfulness and feel the peace and vitality within.

INSTRUCTOR

Colin Dempsey 31st generation Shaolin Laymonk, www.qigongwest.com

For bookings, contact Lisa on 087 943 7228

Email: lisa@amoredweddings.ie

TERMS & CONDITIONS

- Flights are not included: Aer Lingus Flies to Naples on the above dates.
- Book early! Booking Deposit: €100.
- Balance is payable in full by March 15th 2015.
- Single Room Supplement applies if a single occupancy, room is required.
- Package is open to all persons 18 years and over.
- Travel & Health Insurance is not included.

PACKAGE PRICE
€595 per person
sharing a double
or twin room.

Contact Colin for more information on +353 (0)86 329 8392
or email dempsey.gao@yahoo.ie www.qigongwest.com