



ZHINENG RETREAT

Sept 28 - Oct 7

MALAGA
CORTIJO LAS MONJAS

"Intensive practice"

Level 1, 2, 3

Straight legs sitting method

Hunyuan shen shi

Open-close 7 gates

Methods for opening upper dantian:

heavenly gate and third eye

Healing, experiments

Practice, relaxation, and lot of sharings

Limited capacity

Guided by
ROCIO SINTAS



MORE INFO & BOOKINGS

onelight.es

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PROGRAM

Location

The Cortijo Las Monjas is located in Malaga province, about 50 km from the capital, surrounded by beautiful mountains, with a swimming pool, gardens and wide spaces to enjoy.

Apartments

The place has rustic apartments to share, with private bathroom, kitchen, and terrace or patio with nice views of the surroundings.

Meals

We have three vegetarian meals per day with some extra refreshment in between classes.

Investment

9 nights full board: 900€ if booking before July 18th. Then 990€. Limited capacity. Contact us to know if there's still some space before booking.

Timetable

8:00 a 9:00 - Morning practice

9:00 a 10:00 - Breakfast

10:00 a 13:45 - Class

14:00 a 16:30 - Lunch and rest

16:30 a 19:45 - Class

20:00 a 21:00 - Dinner

21:00 a 21:30 - Evening practice

We will have one day off, and a final celebration

Visits

The surroundings have beautiful landscapes where we can walk among centuries-old olive trees, freshwater rivers with pools where to bathe, some old sulphurous water baths from the Romanesque period, and a little further, the beach as optional final celebration.

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