

ZHINENG RETREAT

Levels 1, 2 & 3

8 DAYS, 7 NIGHTS

December 3-10th

MALAGA

**Foundation for healing
and for a conscious life**

*Awakening to our true nature
Healing and going beyond the body
Balancing and sublimating emotions
Opening the way for a fulfilled life*



**Guided by
ROCIO SINTAS**
In English and Spanish



One Light School

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PROGRAM

Content

In-depth practice of Levels 1, 2 and 3 of Zhineng Qigong. Days of healing, growth and transformation. With Level 1 we practice merging with the original qi, awakening to our true nature. With Level 2 we acquire awareness of the body, creating the mind-body unity, to heal and transcend it. With Level 3 we work on emotional balance and purification, cleansing our energetic body, cultivating a stable and free mind for a life in harmony.

Location

The retreat location is located in Malaga province, about 50 km from the capital, surrounded by beautiful mountains, with a swimming pool, gardens and large spaces to enjoy.

Accommodation and meals

The place has rustic and cozy apartments to share, with a private bathroom, kitchen, and terrace or patio with views of nature. We have three delicious vegetarian meals a day and snacks between classes.

Investment

8 days-7 nights, full board: 750€ for bookings before October 20th. Then standar price 840€. Limited places, contact us in advanced.

Schedule

7:30 - 8:30 - Morning practice

8:30 - 10:00 - Breakfast

10:00 - 13:30 - Class and practice

13:30 - 16:00 - Lunch and rest

16:00 - 19:30 - Class and practice

19:30 - 21:00 - Dinner

21:00 - 21:45 - Evening meditation

It includes moments of rest, nature, celebration



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