

# The 7 gates

## and the central channel

**ZHINENG QIGONG RETREAT**  
**8 DAYS, 7 NIGHTS**

**MAY 19 TO 26TH**

**MALAGA**

**7 gates for healing**  
**One channel for liberation**

Exploring each center for uplifting our  
energies to their highest potential.  
Connecting the 7 gates for awakening  
to the Universal Consciousness.



**Guided by**  
**Rocio Sintas**

**In English, Spanish and French**

**One Light School**

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# PROGRAM

A whole week of advanced practices for the realization of the true Self. With a variety of talks, circles of sharing experiences, different dynamics to explore the topics we have studied, spaces of music and chanting, meditative walks, and much more... We will practice *La Qi* and Lift Qi Up Pour Qi Down, *Hunyuan shen shi* and straight legs sitting method, *Xu* and *Wu Wei* meditation, *Kai-He* in the 7 gates and breathing in the central channel. Welcome to live the experience!

## The venue

The place of the retreat will be Cortijo las monjas, 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 apartments to share, with a private bathroom, kitchen, and terrace or patio with views of nature. We have three delicious and nutritious vegetarian meals a day. Intolerances are taken into account. The menu is designed by a nutritionist and the food is prepared by a great cook, making the experience extraordinary in every way.

## Schedule

7:30 – 8:30 – Morning practice  
8:30 – 10:00 – Breakfast  
10:00 – 13:30 – First block  
13:30 – 16:00 – Lunch and rest  
16:00 – 19:30 – Second block  
19:30 – 21:00 – Dinner  
21:00 – 21:45 – Evening practice

*The retreat starts on Sunday May 19th at 16.00 and ends on Sunday May 26th at 15.30.*

## Investment

8 days-7 nights, full board: 870€ for registrations before April 15. Limited places, contact in advance.

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