

# Zhineng Qigong Retreat in the Italian Alps

## September 19 - 25, 2024

**Qi Gong practice has never felt so healing before**

**Do you want to experience energy Qi during successive Qi Gong sessions? We will study and practice Qi Gong in the beautiful nature and its mountainous surroundings. Close to original Italian villages, the retreat takes place in the province of Piedmont, which means 'at the foot of the mountains'. Get to know its true appeal, its inhabitants, clear air, the warmth of Italy. Will you come with to Lago d'Orta?**



### Location / Center / Food

Above Lake Orta near a simple and beautiful village is Location Mirabello – 28010 Ameno (NO) is the Ayurvedic Center Maharishi. Healing peace and relaxation are the center's strengths. Located in a wooded area and having a beautiful view. We will work together with this center for our retreat. Vegetarian meals are provided to us. Its dedication to organizing retreats, will offer us the opportunity to focus on your well-being before, during and after Qigong. There are 7 rooms to welcome 12-15 guests. There is an assigned indoor space for meditation and exercises. Outside there is plenty of space to exercise and relax in the garden. Near, one can go swimming, walk and enjoy the Italian atmosphere at the lake.

### Program

- Arrival September 19, departure September 25
- Practicing Qi Gong for 4 hours every day
- Meals, breakfast, lunch and dinner
- To Lago d'Orta and Lake Maggiore 1 day to the foot of Monte Rosa (optional)

### Organization, including:

- Registration / Reception / Rooms / Food / Accommodation / tea / snacks
- Breakfast, lunch and dinner (vegetarian)
- Transport from train station: Novara-Domodossola line, Pettenasco station
- All Qigong\*: Meditation for relaxation, the essence of Level 1 & 2 Zhineng Qigong, Enjoy Self Awareness method, Meridian Self treatment#: exercises for home
- Excludes: All travel to and from the location, local trips/visits/excursions

### Price:

- Registration takes place in order of registration (minimum number of participants 9)
- You are asked to pay in advance (10%)
- € 1.095 room 2/3 persons
- € 1.495 for a room for 1 person (limited availability)
- Prepayment to be paid before: June 1, 2024 on bank account



\*Maarten, Zhineng Qigong teacher

Maarten is a psychologist, and Qigong instructor since 2009. First of all, Maarten has experienced and endured a life-threatening illness more than once. He teaches Qigong to students as he learned from his Chinese masters and teachers, from his own background. You make your own choice in your life. Qigong practice teaches that we can live a life of fulfillment and joy no matter what. And we can be meaningful to others in the meantime!

Registration: [znqgbelgium@gmail.com](mailto:znqgbelgium@gmail.com) Tel. +32472936084

Final per May, 2024



#Hester Clercx, Shiatsu Therapist, Zhineng Qigong student  
Hester has her shiatsu practice in Kalmthout, Belgium. 'I felt that my fellow practitioners and myself could sometimes use something extra. And that's how I ended up with Shiatsu. For me, shiatsu is that “push in the back” to help someone relax and become healthier.'

Payment details:

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