

# BODY RELAXATION AND DEEPER CONSCIOUSNESS

3 DAYS RETREAT  
with Katja Schumacher & Gabi Dörffinger



Individually bookable in July and August 2017

These days are dedicated to deepen the perception of your body.  
By moving, feeling, softening, massaging and connecting your body relaxes more and more.

We work individually with each participant responding to their actual personal needs.  
The gift of these health days will be a more vital body structure and deeper insights about yourself.  
The tools you learn are a set of help to carry on with at home.

This retreat includes:

3x after light breakfast with fresh juices, teas...

SOFTENING EXERCISES MOVEMENTS  
OF TAI CHI AND QI GONG  
10:00 - 11:30 H

The movements origin from the ancient Tai Chi culture of Yang family who created one of the mayor Tai Chi styles. Through soft and fluid movements tensions get loosened, joints opened, meridians activated and so our entire body vitality increases. Individual recommendations will be given and posture corrections shown. Trained and cultivated in its new way, they bring an improved wellbeing and easiness to your daily life.



Gabi Dörflinger

## 2 HOLISTIC TREATMENTS

- To be booked individually -



Katja Schumacher

### SHAMANIC HEALING MASSAGE (1,5 hours)

Massage and bodywork is an ancient healing art. Shamanic bodywork techniques work on the physical and luminous energy body. They help to clear and restore harmony and to balance the system by reconnecting the individual to their optimum vibrational resonance and alignment with the soul's Divine purpose. Combining long, flowing, nurturing strokes, deep tissue and acupressure with shamanic healing practices. This work helps to release tension, pain, stress, toxicity, trauma and wounds. It reprograms your system by organizing old contracts, programs and family constellations. The massage supports the body's natural ability to heal itself.

### HOLISTIC BODYFLOW MASSAGE (1 hour)

Holistic Bodyflow Massage is an ancient method of healing that clears the lymphatic drainage system and releases toxins from the body. By recognizing that illness and stress affects not only our physical but also our emotional, spiritual and mental well-being, holistic massage allows the body's natural healing abilities to come forth and balance the entire body as a whole.

☪  
CAL REIET  
H O L I S T I C   R E T R E A T

On your last evening

3 COURSE FAREWELL DINNER AT CAL REIET  
(INCLUDING WATER AND A GLASS OF WINE)



Exercising in the Zen ambience of Cal Reiet's gardens and accompanied by flavorful choices of healthy vegetarian and vegan shamanic cuisine available, you encounter a set of pleasures for deep enjoyment days.

Package 459,- € per person

More information: [enquiries@calreiet.com](mailto:enquiries@calreiet.com) \*\*\* +34 971 947 047

Terms & Conditions:

You can cancel your participation in the retreat free of charge until maximum 48 hours before your arrival. After that a cancellation fee of 200,-€ is being charged to your credit card. In case you cannot participate in the retreat for any reason, you can transfer your place to another person.