



Fill up with Joy & Vitality in Italy!

QIGONG RETREAT

SUMMER SOLSTICE 2023
VERONA, ITALY

Summer Solstice! With delight we (Ping and Karin) propose a retreat: Zhineng Qigong practice in a healing qi-field; creativity: painting with natural pigments and Chinese calligraphy; visiting the opera (Arena - Rossini's *Barbiere di Sevilla*), dancing, excursions to magical Lessinia.

On the longest night of the year we will set the intention of our heart into a powerful qi field.

Costs: 490 Euro

(Not including costs for travel, opera, material, food and accommodation)

Info. & registration:

info@zhinengqigong.de or
karin.peschau@gmx.com



PROGRAMM

Place: Sezano Monastery

Check in: evening of 20. 06.

Retreat begins at:

21. 06. 9:30 a.m.

Retreat ends at:

25. 06. 2:00 p.m.

Mornings:

- Taiji Ball
- Zhineng Qigong Level 1
- Spinal exercises
- Group healing
- Exploring the characteristics of the 5 internal organs

Afternoons:

Painting and calligraphy workshops and excursions.

Evening exercises or meditation at the end of the day. If desired, Sat. night at the opera.

