

13-21 August 2022

Wik, Sweden

# QIGONG RETREAT



Nurture your body, expand your consciousness, grow your life

## DETAILS

**Arrival** Saturday 13 August 2022 after lunch (afternoon tea & dinner on day 1 included)

**Departure** Sunday 21 August 2022 after lunch (lunch included)

**Cost** for 8 full days incl. breakfast, lunch, afternoon tea and dinner

**Single room** 9800 SK

**Double room** 7600 SK

**Student house** 7200 SK

## THE VENUE

The retreat will take place at Wik castle. A remote estate nestled in picturesque farmland, this place offers a vast area of unspoilt nature. The property houses a number of different accommodation options, a training hall and dining facilities.



The castle is located next to a bay of Lake Mälaren and offers a multitude of trails through oak forests, apple orchards and cow meadows, all close to the lake.



## PROGRAMME

- We offer beginners classes during the first 3 days for those who are new to Qigong and want to learn the methods from scratch.
- Practice sessions twice a day are accompanied with morning lectures by Norberto Rodrigues and group activities in the afternoons.
- A group of experienced teachers will assist you during the retreat
- The learning is focused on understanding the internal states necessary for the attainment of realization and wisdom.

## INFORMATION ABOUT "STATES"

During the retreat we will be focusing on 6 levels of internal states. Those are the states of being **relaxed, calm, natural, harmonious, unified** and **self-aware**.

The retreat will emphasize a deeper understanding of Qi and consciousness. Through Qigong practice, associated lectures and the work on the heart participants will learn to navigate their internal states more efficiently. Below you can read more in-depth information about the individual states.

### Relaxed

- Body and consciousness are free of strain and tension.
- Being relaxed facilitates greater ease through life and the inevitable changes and transformations it offers

### Calm.

- Stability, peacefulness
- Clarity, being free of disturbance

### Natural

- Accepting the principles and everchanging nature of the universe
- Living in accordance with the universal laws and principles (Dao)

### Harmonious

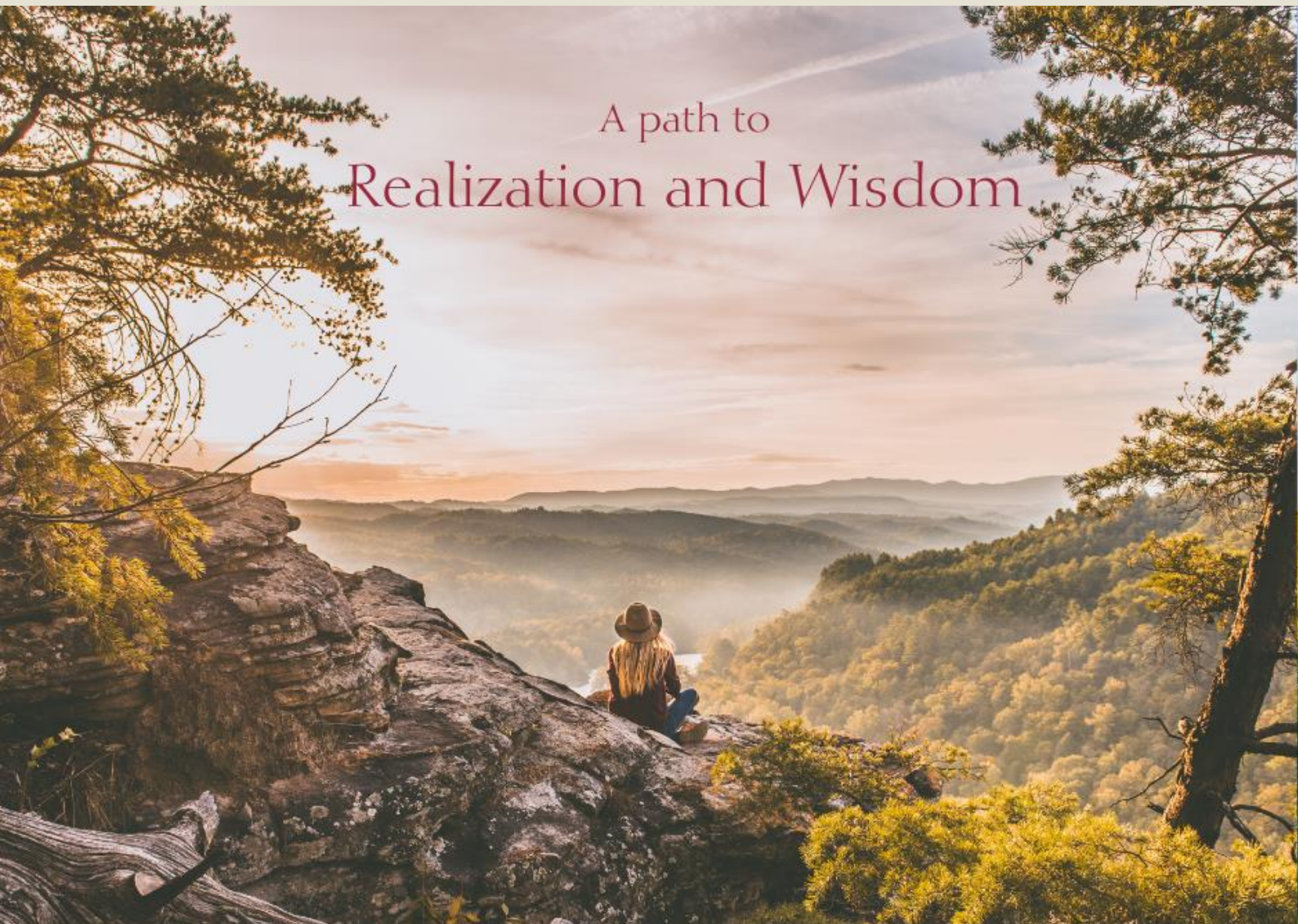
- Harmony is a core quality of the universe to maintain balance

### Unified

- State of totality, union, connection, being one
- The universe is a complex totality of interconnection that is constantly changing. Everything is influencing everything

### Self-aware

- Constant, pure & light observation of the present for a deeper understanding of life



## A path to Realization and Wisdom

Discover how to become

RELAXED, CALM, NATURAL, HARMONIOUS, UNIFIED, SELF-AWARE