

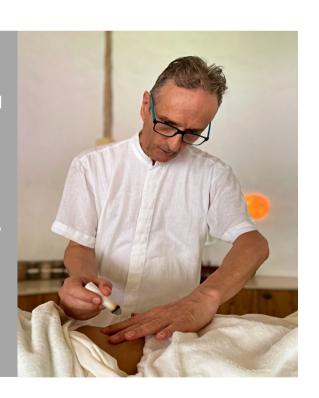


## Join us for a full self-care immersion on the Swiss Alps

Reconnect with your inner self and achieve a sustainable state of well-being by practicing self-cultivation and optimizing your body energy with Dr. Fabio Massimo Paciucci, DACM, La.

Through practicing the ancient arts of Qi Gong and Thai Chi in a group morning session, we will achieve inner balance through gentle movements and breathing.

This will enhance the effect of the subsequent individualized one-on-one sessions.



This time is dedicated to you.



## The suggestive charming Chalet Le Tupin

The suggestive charming Chalet
Le Tupin, is nestled in the splendid Swiss
Alps framing the village of Nendaz.

An ideal place to harmonize mind, body and spirit in harmony with the surrounding beauty of nature.



## **Cleanse and Recharge**



Breakfast, lunch and light dinner, are fine tuned by Raffaella Ghislandi, expert in detoxification with vegetarian cuisine.

Following individual nutritional needs the meals are designed to support body cleansing and boost its regenerative power. The food plan in integration and harmony with the practices carried out during the retreat, will be personally curated and elaborated and it will include suggestions to be carried out once at home.

The Wellness Full Immersion Suiss Retreat does not include overnight stays, it will start promptly at 7.30a.m. with a 45mins qigong session and end at 7.30p.m. with a light dinner

On August 10 the evening will include an after dinner dusk meditation under the starry sky.

For the overnight stay, please refer to hotels in the close vicinity.

Arrive: 07/08/2023

h. 6.00pm dinner and Cosmic alignment meditation



Departure: 11/08/2023

h. 10.00am after Qi Gong and breakfast



**Chalet Le Tupin** 

**Haute Nendaz, Suisse** 

Hours a-m.	Activity	
7,30 - 8.30	Thai Chi / Qi Gong	
8,30 -9.30	Breakfast	
9,30 -12.30	Terapy with Dr.Fabio Massimo Paciucci	by appointment

Hours p.m.	Activity	
100 - 3.00	Lunch and relax	
3.00 - 6.00	Terapy with Dr.Fabio Massimo Paciucci	by appointment
6.30 - 7.30	Light dinner	

Cost for person including breakfast, lunch and light dinner, common activities, therapeutic session with Dr. Fabio Massimo Paciucci

1 day € 1.250,00

Entire retreat € 3.750,00

Info and reservations Dr. Fabio Massimo Paciucci

www.fabs-health.com