



August 2023

Wellness Full Immersion Swiss Retreat



**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.



Microneedling
-
Acupuncture
-
Emotional Freedom Technique
-
Transformational Breath
-
Reiki

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 Swiss 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 <i>h. 6.00pm dinner and Cosmic alignment meditation</i>	 Departure : 11/08/2023 <i>h. 10.00am after Qi Gong and breakfast</i>	 Chalet Le Tupin Haute Nendaz, Suisse
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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