



Invitation to Stress and Pain relief Retreat

Here is your invitation to a unique retreat where we focus on pain, stress, communication and Goal setting, but we also offer three yoga/meditation sessions.

This is our very first ever weekend retreat, Friday to Sunday.
This is offered together with Ananda Laie Yoga Retreat Centre in Cabopino.

Here you will learn about various chains of movement throughout the body. Similar to a chain, or dominoes falling, it's always the weak link in the body which is the first to give. For example, muscular imbalance can lead to fatigue and pain throughout the entire system. But, as can Chemical imbalances, negative thoughts, stress, and preprogrammed "truths"/beliefs.

We will also deal with subjects like stress, how it affects the body and what you can do. And as that is not enough, we will also talk about energy, actually, we will talk a lot about energy and frequencies and how it affects us all.
One topic that always is very popular is when we demonstrate how the left and right brain hemispheres react during stress, mind-blowing, that we will teach you as well..

We will talk and show you how important negative thoughts are and how they affect your body and health.
We will mix lecture with demonstration and explanation, and you will also get 20 min free one on one consultation by Dr Mike or Cece as well.

This weekend retreat is something you can not get anywhere else since Dr Mike and Cece has developed the concept themselves from the combined experience of 40 years of dealing with pain and educating therapists and doctors in 6 different countries and on 3 continents.

This retreat is nothing you have ever expected and believed, but here it is.
Put up your tray-table, pull down your blinds, buckle your seat belt, and let's go -
Guaranteed one retreat you will never forget - or regret.

We of course offer this in combination with voluntary sessions of Yoga and Meditation and one or two laughs along the way.

Date: January 22-24, 2021
Starts: 6 pm (18,00) on Friday and Ends 3 pm (15,00) on Sunday.
Where: Ananda Laie Yoga Retreat Centre in Cabopino
Registration: Send us a mail to Mike@QINOpactic.com and you have to pay the registration fee, see below.

NOTE; We only have 14 spots (10 beds + 4 day retreats). When it becomes full, we will place you on a reserve-list, note 2, we can also offer day sessions, meaning that you do not stay the night.

www.Sweqino.com and www.QINOpactic.com



INTRO-Price for the full weekend: € 225 p/p. (NOTE this is an introductory price)

Included in the price:

Cost for the venue, 2 Nights in shared twin room, All meals from arrival to departure: (breakfast, lunch and dinner) All snacks and refreshment during the days.

2 Yoga and 1 Meditation session/s, All material, 1 free one on one consultation with Mike or Cece and local IVA (tax).

Single room: € 300 extra

Day-retreat only, no accommodation: € 150. (Note, Saturday and Sunday, dinner on Friday, not included)

How do you pay:

Registration-fee First you need to secure your spot by paying the registration-fee of **€50** to **ES10 3023 0409 9266 6170 0606**

IMPORTANT: *Include your name and what retreat you pay for.*

The rest: The rest of the fee you pay in cash upon arrival.
You will of course get a receipt for your retreat.

NOTE: Your place on the retreat can only be guaranteed if the registration fee is paid (€50). The registration fee is a part of the retreat fee, not in addition.

The retreat is in English, but we can translate to Spanish and Swedish (the material is offered in all languages)

Preliminary schedule:

Friday:

18,00 Welcome
19,00 Opening presentation and introduction to the weekend and program
21,00 Dinner

Saturday:

8,30 Morning Yoga/Meditation
9,30 Breakfast
10,30 Pain and stress physiology and management
 Demonstration and workshop
14,00 Lunch 'n relax
16,00 Pain relief exercises. Frequencies, Energy - Demonstration and workshop
19,00 Yoga or Meditation
21,00 Dinner

During the lunch break, Mike or Cece offer you a 20 min free consultation.

www.Sweqino.com and www.QINOPractic.com



Sunday:

- 8,30 Morning Yoga/Meditation
 - 9,30 Breakfast
 - 10,30 Communication, Goal-setting, Where do we go from here?
 - 14,00 Lunch, The End
- Free consultation for the ones that didn't receive that on Saturday

This unique retreat and is not to compared any other retreat that is offered here on Costa del Sol. Here we combine classroom lecture, hands-on practice and workshops with Q and A sessions.

Welcome to the future - your future, the first weekend of the rest of your life.

See you at the start of the retreat!

Costa del Sol, January 3, 2021

Sincerely,

Dr Mike and Cece Dahlstrom at SweQINO and Francesca at Ananda Yoga.

If you have any questions,

About the content: Mike Dahlstrom at Mike@QINOpractic.com or WhatsApp: +46 707 996636

About the yoga, food and accommodation and more practical issues: Francesca at anandalaiestudio@gmail.com or WhatsApp: +34 621 20 96 40

Useful websites:

www.QINOpractic.com Mike and Cece's College website, postgrad education for therapists, doctors and Physiotherapists

www.SweQINO.com Mike and Cece's clinic in Spain (Swedish QINOpractic and Rehab Clinic)

www.anandalaie.com/en/ Francescas website at Ananda Laie Yoga studio.