



Welcome to Retreats by Dr. Mike

Introduction to:

Stress and Pain Relief Weekend Retreat



**"If you believe you can or if you believe you can't...
you're right!" Henry Ford**

**"Don't wish it was easier – wish you where better"
Jim Rohn**



Invitation to Stress and Pain Relief Retreat

Here is some information about our weekend Stress and Pain Relief retreat. All our retreats are unique since we've put them together from 30 years of experience and teaching around the world. We address subsets like pain, stress, communication, and Goal-setting, and we always combine this with daily yoga/meditation sessions.

The weekend retreats are from Friday to Sunday, but we also offer day retreaters on Saturday and Sunday. The week-long retreats are from Sunday to Saturday.

During these retreats, 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 that 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, and we will teach you that as well.

We will talk and show you how important negative thoughts are and how they affect your body and health.

We will mix lectures with demonstrations, explanations, workshops, and you will also get 20 minutes of free one-on-one consultation by Dr Mike.

This weekend retreat is something you can not get anywhere else since Dr Mike has developed the concept himself from the accumulated experience of 30 years of dealing with pain and 15 years of teaching this subject to therapists and doctors in 6 different countries, 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: Is/will be posted on www.retreatsbydmike.com
Start: 18,00 on Friday and End 17,00 on Sunday.
Where: Is/will be posted on www.retreatsbydmike.com



Registration: Go to www.retreatsbydrmike.com, select Contact and fill out the form, then you have to pay the registration fee, see below.

NOTE; Due to covid restrictions and local venues' individual space we can only offer this to a limited amount of people.

Cost Normal: - A, Weekend € 1 200 Friday - Sunday (staying at the resort)
See more below - B, Day attendance only € 450 per day (not staying at the resort, Saturday and Sunday, Meals included: Lunch)

Early bird registration: Register and **pay the full retreat fee** on or before:
 Register and pay on or before April 15: € 900 per person (part in double bedroom)

Always included in the price (A)

- Cost for the venue.
- 2 Nights in a shared twin room or similar
- All meals from arrival to departure: (at least 2 breakfasts, 2 lunches, and 2 dinners)
- All snacks and refreshments during the days
- Daily Yoga and Meditation sessions
- All material
- 1 one-on-one consultation with Dr. Mike (weekend, also for day attendees)
- Local IVA (tax) and all necessary insurance (except travel insurance).

Note that there is no alcohol served during this stay, if you want some wine for the meal, that is ok, but we do not have or include this in the cost.

Not included:

- Transportation to and from the venue
- Private trips taken during the retreat and outside the program
- Meals taken outside the program.

Single room: usually around € 300 extra, for the weekend. If you want a single room, we will try to accommodate you, but that depends on the local retreat center and of course, this is associated with a higher price.

"Great! I'm soooo inspired to start practicing and use these new techniques. Want more..... Now." Steve Ballard (course in Tenerife, Spain)

"Faith can move mountains. Doubt can create them." Howard Wright



Day-retreat only (B), no accommodation: € 450 per day
(Note, Saturday and Sunday)

Other than that, everything above is also included during Saturday and Sunday, not, Lunch only, not breakfast.

You are of course welcome to join us on Friday as well for the check-in and mingle session and the welcome talk with the presentation, however, the dinner on Friday is not included in the lower Day-retreat rate. If you want to stay for dinner, the cost is € 30, including a pre-course, main course and drink).

Note that we do not serve any alcohol, only non-alcoholic beer or other beverages.

How do you pay:

How to book: Go to www.retreatsbydrmike.com, select Contact, and fill out the form.

First, you need to secure your spot by paying the registration/booking fee of € or £ 600 to:

BIC: REVOGB21
SWIFT: GB78 REVO 0099 7091 6095 46

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

The rest of the payment:

- 1, The rest of the fee you pay upfront, 30 days prior to the start or
- 2, You can divide the payment monthly (with a small sub charge).

NOTE: Your place on the retreat can only be guaranteed if the registration/booking fee is paid as per above.

Day retreaters do not have to pay a registration fee, but if the retreat becomes full, then it's full, no day retreaters. To guarantee your spot, pay the registration fee as well. The registration fee is a *part* of the retreat fee, not in addition.

All retreats are in English. Also, see the cancellation policy below.

"By far the best course ever, totally amazed how much I have learned in just three days. Very impressed with the course leader". Sammy Morssy, Umeå, Sweden

*Thanks a lot to [Mike Dahlstrom](#), crazy knowledge bombs, mind well and truly blown 😊😊
Johnny Smith, Sports Therapist at Satori Sports Therapy in Manchester*



Preliminary schedule - Weekend retreat:

Friday:

- 18,00 Welcome, check-in
- 19,00 Opening presentation and introduction to the weekend and program.
Including some exercises to prepare you for the weekend
- 20,30 Dinner

Saturday:

- 08,00 Morning Yoga/Meditation (not obligatory)
- 09,00 Breakfast
- 10,00 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, Meditation (not obligatory) or free time.
- 20,30 Dinner

During the lunch break and between 18 and 19, Dr. Mike offer you a 20-minute free consultation.

Sunday:

- 08,00 Morning Yoga/Meditation (not obligatory)
- 09,00 Breakfast
- 10,00 Communication, Goal-setting, Where do we go from here?
- 14,00 Lunch, The End
- 15,00 Recap, treat each other, or work on your new goals/life together with a partner.

If you need to leave for a flight, that is ok, nothing new today.
Free consultation for the ones that didn't receive that on Saturday

These unique retreats are not to be compared to any other retreat that is offered here on Costa del Sol or anywhere in the world since it's Dr Mike has founded and developed the unique combination of classroom lectures, hands-on practice, and workshops.

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

It's not until you get lost that you can find new paths.
Let me help you find a way forward



Once you have registered I will send you all the details about the venue and how to get there. I believe that you do not go a retreat for the venue, but for the content.





See you at the start of the retreat!

Costa del Sol, January 31, 2024

Sincerely,

Dr Mike Dahlstrom
Doctor of Chiropractic Medicine, Osteopath, 3 forms of Acupuncture, Ambassador, Lecturer, Author, Speaker, founder of QINOPractic Medicine, the International College of QINOPractic Medicine, Conscious Parenting courses and retreats among other.



Cancellation policy:

Both weekend Retreats and "Day-retreaters":

The booking fee is non-refundable unless you change your mind within 10 days of payment, after that the booking fee is non-refundable.

Cancellation 10 days after registration to 30 days prior to the retreat - No refund of the booking fee.

Cancellation within 30 days to the start of the retreat - full retreat fee.

We have cost for the venue and chef that we have to cover and we are sure that the other participants don't want to pay extra, therefore we charge 100% of the retreat if you cancel with less than 30 days to the start. BUT, if you, or we find another attendee, we will refund you, except for the mandatory registration fee.

IF a retreat is canceled due to any circumstance beyond our control, we will refund you in full, including the registration/booking fee or you can choose to keep your spot for the next one.

*"A very heavy course finished a certificate received . The Qinopractic medicine is the most fascinating thing I've done in a long time. Mentally exhausted would be an understatement but absolutely brilliant. Thank you Mike Dahlstrom you are an amazing teacher."
Dawn Rothwell, Senior tutor at Active Health Group and over all horse wizard*

"The best course I have been to. In spite you're dry humor... Thank you for a fantastic weekend." Peter Nilsson, Malmo, Sweden



GIFT CARD:

If you know of anybody who would benefit from one of our retreats, you can always give them a gift card for their birthday or Christmas.

For more info, please don't hesitate to contact me at Mike@retreatsbydrmike.com or WhatsApp: +46 707 99 66 36 or Spanish number +34 656 82 66 18

Useful websites:

www.QINOpactic.eu Read more about me and mine/our philosophy on my international college website. Offer postgrad education for therapists, doctors and Physiotherapists

www.SweQINO.com Dr Mike's clinic in Spain.

www.retreatsbydrmike.com Where all our retreats are presented, like our unique 12 day long retreat/trip to the Himalayan mountains in northern India and our self-improvement retreat for 6 days, offered twice a year and always on different locations around the world.

All our retreats are unique and developed 100% by me, and my healing philosophy, stemming from working as a professional in this field for over 30 years.

"My experience of the QINOpactic weekend was incredible. I have certainly not regretted taking the opportunity to meet charismatic, warm, friendly, down to earth and knowledgeable Dr Mike. I went into the weekend stressed and I believe depressed, but with an opened mind. I left happy with enormous energy, smiling for the rest of the day and following weeks... Monday morning I jumped out of bed feeling more positive then I have for a very-very long time!

The weekend answered my questions on how to help people more holistically including stress release. I absolutely love the theory behind QINOpactic Medicine. Mike helped me as no doctor has!

I was planning to study medicine but will go the QINOpactic way instead. I can see it being a great benefit to my clients' well being".
Alena P. MD, Sofia, Bulgaria

"Heading back to Whitefield after a very enlightening weekend in the company of Dr Mike Dahlstrom. Excellent weekend to the wonders of Qinopractic Medicine, opening energy channels and finding new found strength in dysfunctional muscles."
Digger Daley, Sports Therapist at Achilles Healers Sports Therapy in Bury