

# “Xin Dao” Retreat Center



We are Janet and Bernhard and we warmly welcome you to our retreat center. We had a long-cherished dream to create a place where people can come to restore their energy; a place where you can come to process whatever has depleted you; be it work, relationships, old traumas that were not completely resolved.

Here in our tranquil retreat you get a chance to rest, regenerate, reflect on your life and come into contact with what you would like to emerge in your life.



Our 24/7 society asks us to continue at whatever cost and gives us little time for slowing down; for feeling how we are really doing. This might lead to a depletion of energy.

So, whether you are recovering from a burn-out, suffering from stress, or ‘simply’ want to make a change in your life, our retreat invites you to ‘unwind’ and to be away from time and space as you normally experience it.

Our center allows you to let go of the old and make space for the new, by offering you:

**Space:** an individual retreat, without the need to interact with or accommodate other people.

**Support:** a flexible, personal program that we tailor to your individual needs. When you do an individual retreat, it is possible that issues come to the surface. We are both qualified professionals, able to give support if needed.

**Serenity:** all this is supported by an amazing location in the south of France where you can be absorbed in the stillness, the beautiful landscape, the amazing night sky with millions of stars and of course our cozy accommodation.

## Who we are:

**Janet** has long-term experience with coaching and bodywork. She started out as a Physical therapist in 1983, is a Cranio-Sacral therapist since 2014 and has been a practitioner of Chinese Medicine for 32 years. If emotional issues surface, you can have an treatment and if no issues surface you can have a treatment of your choice to get realigned to your inner core to approach life even more freely.

**Bernhard** has practiced as a Taiji and Qigong teacher for 35 years and has been a practitioner for Chinese Medicine for 29 years. He starts the day with Taiji and/or Qigong and you are welcome to join him and get a private lesson every day of your stay.



## Where will you be staying

Our Centre has a separate apartment (gîte), giving you private space with direct access to the garden and the orchard. The garden is surrounded by meadows for our 3 horses and there are beautiful hiking paths on the land, as well as in the neighborhood. The apartment has two sleeping rooms with two single beds each, giving you the possibility to come with a friend or partner.



If you feel a bit more 'adventurous', it is possible to stay in our luxurious yurt, a cozy and well-equipped round tent, with toilet and shower within 10-meter distance.

You will have the possibility to use the Jacuzzi all year and a heated swimming pool if you come in late spring, summer, or early autumn.

## Prices

Starting from € 935, - per person for 6 nights

## What is included

6 nights, bedding and towels are provided

2 treatments from Janet

5 x Taiji/Qigong in the morning

Access to Jacuzzi and Swimming pool

Daily time for reflection with Janet or Bernhard if necessary

End-Cleaning included

Food is not included, however there is the possibility to cook yourself and if you do not want to leave the house for shopping, we can bring you food supplies from our favorite organic food shops.

Alternatively, if you would prefer not to cook, please let us know in advance; we can arrange a prepared meal service from a catering service nearby for an extra fee.

### **Location**

Our Retreat Center is located outside the village of Saramon (2 km), on a small road with minimal traffic. It is beautifully situated in the rolling hills of the Gers and has a marvelous view on the Pyrenees (when they are willing to show themselves). The hills are covered with sunflower fields, wheat and meadows and there are lakes and rivers nearby.



### **How to get here**

From Toulouse you can either take a rental car to our place (50 minutes) or come by train to Gimont, where we will pick you up.

### **Cancellation Policy**

- A Reservation requires a deposit of 14% of the total price
- The deposit is non-refundable if the booking is canceled
- The rest of the payment is to be paid 8 days before arrival



Please let us know what your intentions are for this week so we can fine-tune what is needed. For any requests and availability/booking contact us directly:

Tel. Bernhard: 0033 6 70 98 77

Tel. Janet: 0033 7 87 21 76 66 / 0031 6 280 282 20

Or send us an email: [xindaoretreat@icloud.com](mailto:xindaoretreat@icloud.com)

We speak English, Dutch, German-, and French

We are looking forward to meeting you and to offering you an unforgettable retreat!

Janet & Bernhard