



Xin Dao Retraite Centrum is born from a long term dream from Bernhard en Janet to give people a place to come to rest and closer to oneself.

## **MASSAGE COURSE for WELLNESS**

**Massage** is one of the oldest ways of healing. It helps to let the energy flow which will bring you more into contact with your body and your feelings. You will be able to experience more space inside yourself since old tensions has been released.

Massage is a powerful tool for releasing stress and therefore improving well-being.

This course is for those who like to give massages to their friends, family or partner and would like to have some guidelines how to build up a massage. You will also learn how to avoid taking in the energy of the person you are working with, a phenomena that is very common when working with the body.

**We will be 'working'** 5 hours a day in which you will give and receive massage.

We will start the day with meditation. There will be guidance in how to be at ease in your own body and your own energy, while giving a massage and by receiving you will experience the different techniques being used and how they affect your body.

You will get insight in the anatomical structure of the body, and also in the energetically aspect, based on the meridians as described in Chinese Medicine.

And there will be time for rest, enjoying the swimming pool and jacuzzi, and exploring the surroundings.

**At the end of the week** you will have gained knowledge about how to give a massage to help your friend, family or partner to release tension in the body.

You will feel rejuvenated because the tensions of the whole body have been released, due to the received massages, the use of the spa facilities, the joy of connecting to the nature of our beautiful place and the wonderful food.

### **Possibilities to stay:**

Our **gite** has 2 sleeping rooms, both with 2 single beds. Additionally there is a comfortable sleeping sofa downstairs.

There is a **yurt** available for 2 persons, with own toilet and shower.

We can eventually arrange a **gite** nearby when more people will join the week  
Maximum is 10 people

Arrival on Sunday 16.00, there will be a welcoming meal waiting for you.  
Departure on Saturday after breakfast.

**Price:** € 1000,-  
€ 200,- for the food

**Location:** Lieu dit Belloc  
1180 Chemin de Cachan  
32450 Semezies Cachan  
France

For more information or for registration to the course, please send us an email to [xindaoretreat@icloud.com](mailto:xindaoretreat@icloud.com)