



## Hua Gong holidays in Spain 2012

**Hua Gong** is a unique combination of gentle movement and meditation, well known for its healing properties. **Hua Gong holidays** with professional trainer, **Dario Gerchi**, combine healing and relaxation in the Mediterranean warmth and unspoilt beauty of north eastern Spain.

*"fabulous energy, peaceful setting, a fantastic break"*

**Choose from four holidays in February, June and September 2012.** Each six day holiday consists of three hours of Hua Gong practice each day, with Dario's expert support through a progression of movements and meditations. Group numbers are limited and the holiday is suitable for students at all levels of practice and fitness, including complete beginners.

Sessions take place in the magnificent setting of Mas Sant Nicolau, your holiday retreat. The atmosphere is informal, with plenty of free time for sightseeing, relaxation and enjoying the unspoilt surroundings. Social events typically include a picnic, informal evenings and local visits. This holiday is ideal for people who want to join a residential Hua Gong workshop with a small group in a beautiful, tranquil place. You can also extend your stay for a longer break and join extra Hua Gong sessions by arrangement. A Mediterranean Hua Gong experience tailored to your needs.



photo Shaku Burrell



photo Tony Ibarra



**Mas Sant Nicolau** is a traditional Catalan farmhouse set in gentle countryside between the Pyrenees and the rugged Costa Brava coast, with simply furnished self catering country cottages, extensive gardens, barbecue, tennis court and swimming pool. There is a Romanesque twelfth century hermitage at the gate, and country walks from the doorstep.



photo Shaku Burrell

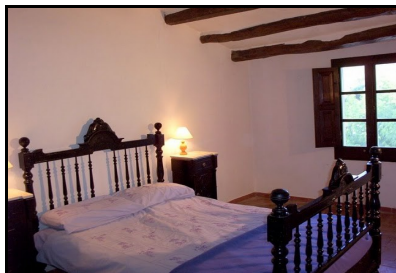


photo Frank Cook

**From under £35 a day per person (tuition and accommodation in self catering cottage) -**



# Dario Qigong Hua Gong

Qigong classes, workshops & holidays with Dario Gerchi

see over for dates and booking information. **Special earlybird discount available.**

## Holiday dates and costs

Holiday dates 2012	Tuition costs £	Accom per person per night £		For £10 Earlybird discount book by
		shared room	single room	
13-18 Feb	135	14	23	9 January
11-16 June	135	16	25	31 March
10-15 Sept	135	16	25	31 July
17-22 Sept	135	16	25	31 July

This is a self catering holiday, so you can take advantage of fresh, local produce (including the freshest, local organic vegetables) to prepare your own meals. Accommodation costs include bedding and towels. Special requests – we're happy to help.

## Special Earlybird discounts

Book now for a £10 Earlybird discount. Bring a friend for £5 discount each.  
Book two weeks for just £250 (£230 Earlybird.) Flexible arrangements for longer stays and extra tuition, please ask.

## Getting there

Book your own travel in advance to arrive by plane or train. Regular low cost flights and high speed train services. Helpful information available. Ask Dario or Helen.

<b>Local Airports</b> Girona (35 mins) Perpignan (60 mins) Barcelona (90 mins)	<b>Railway stations</b> Figueres (15 mins) Perpignan (60 mins)	Flexible booking dates to help with cheaper flights. Transport service available (from Girona and Figueres). Car hire optional.
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## How to book

Booking is easy. Contact Dario or Helen, who will help you with all aspects of your holiday enquiries.

Hua Gong sessions	Accommodation and local information
Contact Dario on 0044 (0)1749 812822; (mobile) 07932 565994 E-mail: <a href="mailto:dario@gn.apc.org">dario@gn.apc.org</a> Website: <a href="http://www.qigongdario.com">www.qigongdario.com</a>	Contact Helen on 0203 239 8024 (UK std rate call) or 0034 972 525462; E-mail: <a href="mailto:infosantnicolau@gmail.com">infosantnicolau@gmail.com</a>



photo Thomas Hoppe



photo Shaku Burrell