



Hua Gong holidays in Spain 2020

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 two holidays, in June and September 2020. 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.



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



From under £42 a day per person (tuition and accommodation in self catering cottage) - see over for dates and booking information. **Special earlybird and other discounts available.**



Dario Qigong Hua Gong

Qigong classes, workshops & holidays with Dario Gerchi

Holiday dates and costs

Holiday dates 2020	Tuition costs £	Accom per person per night £		For £15 Earlybird discount book by
		shared room	single room	
10-15 June	140	20	33	-31 March
18-23 Sept	140	20	33	-30 June

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 discounts

Book now for a £15 Earlybird discount. Bring a friend for £5 discount each.
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.

Local Airports Girona (35 mins) Perpignan (60 mins) Barcelona (90 mins)	Railway stations 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)20 8768 5683; (mobile) 07932 565994 E-mail: dario@gn.apc.org Website: www.qigongdario.com	Contact Helen on 0203 239 8024 (UK std rate call) or 0034 972 525462; E-mail: infosantnicolau@gmail.com



photo Tony Ibarra