

# DISCONNECT & RECONNECT

Moving Meditation Retreat  
with Nuno Damaso



3rd – 10th May 2019, Monte Orada, Alentejo, Portugal

## *Meditation, Taichi, Qigong Retreat all level*

*Take a break and recharge yourself. We offer you a disconnecting week in Portugal, practicing meditation, taichi and qigong in silence in the peaceful Monte Orada to help you reconnect with yourself. No previous knowledge about these practices is required. Beginners are very welcome to join and enjoy the process.*

*We offer a moving meditation retreat in an impressive environment near the Portuguese Atlantic coast. The Monte Orada is an extraordinary retreat centre, located 1.5 hour from Faro and 2.5 hours from Lisbon. In addition to the particularly luxurious nature and expressive landscape, the centre offers various accommodation options and an optimal infrastructure for our moving meditation retreat.*

*Several beaches are located in the immediate vicinity and offer various outdoor activities. The centre follows ecological principles in the conception of the location, as well as in their culinary offerings. High quality, nutritious food is used to cook diverse delicious and healthy vegetarian dishes.*

*The seminar follows a holistic concept, combining natural living and internal martial arts while benefiting from the following practices:*

### *Meditation, Qigong, Taichi*

*Besides the physical training, the concept of ying and yang, energy work and the connection between traditional chinese medicine and martial arts will be explored.*

### Dates:

Arrival:  
Saturday, 3th Mai 2019 at 2pm  
Departure:  
Friday, 10th Mai 2019 at 11am  
(A special program will be provided on the first and last day)

### Daily program:

06.30 – 07.30	Meditation and Qi-Gong
07.45 – 08.45	Breakfast
09.30 – 11.45	Qigong and Taichi
12.00 – 13.00	Lunch
13.00 – 17.00	Massage, Surfing, Yoga, Horse Riding, Kayaking, Biking, Jeep Safari or simply relaxing at the beach (these activities have to be booked separately)
17.00 – 19.00	Qigong – Taichi – Meditation
19.30 – 20.30	Dinner

From morning to noon, we will spend our time in silence. This supports the process of integration of the new knowledge and finding an enduring inner peace. We recommend strongly abstaining from using any electronic devices during the stay.

### Retreat price:

The content includes over 30 hours internal martial arts training, full pension with 3 daily meals, beverages, 7 nights, pizza night and a T-Shirt.

- > Double or twin room: Euro 1500.-
- > Dorm room (12 persons): Euro 1300.-

### Not included:

Flight & transportation to the "Monte Orada" centre, leisure activities.

### Organizer and Teacher:

Nuno Damaso is practicing Taekwondo for 40 years and is the Headmaster of his own martial arts school in Basel for the past 27 years.

He holds 7th DAN awarded by the "Kukkiwon" World Taekwondo Headquarters in Seoul. Furthermore he is a graduated "high-performance sports trainer" by "Swiss Olympics".

After a long and successful time as professional Taekwondo athlete and martial arts teacher, he is now focusing on the holistic and therapeutic aspects of martial arts. He practices Taichi and Qigong, filled with deep dedication and passion.

His practice of these internal Chinese martial arts has led to a passion for Traditional Chinese Medicine.

He has completed his graduation as an acupuncture therapist and based on his multifaceted knowledge and his holistic practice of living and teaching martial arts, he is a renowned teacher in Switzerland and across Europe.

His desire to teach martial arts in a natural environment led Nuno to the idea, to offer this seminar in this unique form for the first time at Monte Orada.

### Info:

[www.taekwondo-bs.ch](http://www.taekwondo-bs.ch)  
[nuno.damaso@bluewin.ch](mailto:nuno.damaso@bluewin.ch)  
<https://www.orada.eu>

### Bank details:

UBS Birsfelden / Switzerland  
Kim Taekwondo Schule  
Nuno Damaso  
DISCONNECT &  
RECONNECT  
IBAN:  
CH53 0023 3233 1962 7201 R  
SWIFT/BIC: UBSWCH ZH80A

Term of application and payment:  
15th of April 2019

Inscription:

Last and First name:

Address:

Date of Birth:

Phone:

Room:

T-Shirt Size:

Special diet, food intolerance:

Do you want to use your mobile phone for 1 hour a day  
for professional or personal reasons?

Yes:

No:

With the registration for the DISCONNECT & RECONNECT

Moving Meditation Retreat in Portugal I acknowledge the complete responsibility  
for any occurring accident or illness during the seminar.

In case of cancellation until 30th April 2019 a refund of 70% of the full payment is  
granted with a medical attestation.

Contact:

Nuno Damaso

Am Stausee 42

4127 Birsfelden

Mobile: 0041 79 337 74 31

e-mail: nuno.damaso@bluewin.ch

Date:

Signature: