

“Peaceful warrior retreat”
Taekwondo & Martial Arts
with Nuno Damaso

Monte Orada,
Alentejo, Portugal
3rd – 9th October 2020



We offer a martial arts seminar in an impressive environment near the Portuguese Atlantic coast.

The Monte Orada is an extraordinary retreat centre, located 1.5 hours from Faro and 2.5 hours from Lisbon.

In addition to the particularly expressive and natural landscape, the centre offers various accommodations and an optimal infrastructure for our martial arts seminar.

In the immediate vicinity, there are several beaches which are a perfect location for different activities. The centre is geared towards ecological values, also in their culinary offerings. They serve high quality and diverse dishes, providing delicious and nutritious vegetarian food.

The seminar follows a holistic concept providing an exceptional diverse training. The goal is to combine natural living and martial arts and to benefit from the following practices:

Taekwondo, Hapkido, Meditation, Yoga Qigong, Taichi und Traditional Chinese Medicine (TCM)

Besides the physical training, the concept of Ying and Yang, energy work and the connection between TCM and martial arts will be explored. We will therefore dedicate an hour daily to the foundations of TCM.



Start and end of the seminar:

Arrival:
Saturday, 3th Oct 2020 at 2pm
Departure:
Friday, 9th Oct 2020 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 Taekwondo und Hapkido
12.00 – 13.00 Lunch
13.00 – 17.30 Massage, Surfing, Yoga, Horse Riding, Kayaking, Biking, Jeep Safari or simply relaxing at the beach
(these activities have to be booked separately)
17.30 – 18.30 Taichi
19.00 – 20.00 Dinner
20.00 – 21.00 Foundations of TCM and martial arts

From morning to noon, we will spend our time in silence. This supports stabilization of the new knowledge and to find an enduring inner peace. We recommend to abstain from using any electronical devices during the stay.

Seminar Prices:

Content includes 30 hours martial arts training Theoretical lessons, full board with 3 meals daily 6 nights, Pizza-night and T-Shirt.

> Double or Twin room: Euro 1300.-
> Dorm Room (12 persons): Euro 1200.-

Not included: Flight & Transportation to the seminar centre «Monte Orada», leisure activities, additional beverages

Bank details:

UBS Birsfelden Suisse
Kim Taekwondo Schule
Nuno Damaso
Peaceful Warrior Retreat Portugal

IBAN: CH53 0023 3233 1962 7201 R
SWIFT/BIC: UBSWCH ZH80A

Term of application and payment:
30.5. 2020

Registration:

Nuno Damaso
Am Stausee 42
4127 Birsfelden
Mobile: 0041 79 337 74 31
E-mail: nuno.damaso@bluewin.ch

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 25 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 at Monte Orada.

Info:

www.taekwondo-bs.ch // nuno.damaso@bluewin.ch // <https://www.orada.eu>

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 30.8 2020 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: