

Qigong *Reset.*

A week to soften the nervous system.

Six nights. Five full practice days.

One carefully held March edition.

WHERE

*Son Salas
Mallorca*

FORMAT

*Mon – Sun
6 nights*

DATES

*22 – 28 March
2027*

TEACHER

*Stephane
Kamesh*

GROUP SIZE

Designed for 15 – 20 guests

RESERVE YOUR
PLACE



✉ FELIX@BON-SENTIMENT.COM

22 – 28 MARCH 2027 YOU DON'T LEAVE WITH MORE INFORMATION – YOU LEAVE WITH MORE SPACE.

A SINGLE MARCH EDITION · 22 – 28 MARCH 2027

A quiet structure of *breath, posture and presence.*

Bon Sentiment hosts this edition with intention: a balanced group, slow days, a kitchen that follows the practice, and a setting where stillness becomes the default. The week is designed, not packed — long afternoons, time without instruction, and space to integrate between sessions. What you leave with is space, not information.

BON SENTIMENT · THE HOST



THE TEACHER

Stephane Kamesh.

Qi Gong teacher · breath, posture, internal practice · taught in English

Stephane has taught Qi Gong and internal arts for more than thirty-five years, rooted in Daoist standing practice, breath regulation and slow movement. The teaching is calm, precise, and unhurried — built around repetition, clear correction, and space for each student to find their own rhythm.

His practice draws on traditional Qi Gong systems including Daoist Health Qi Gong, Five Elements Qi Gong, and rare lineage-based forms such as Fragrant Qi Gong. Three core forms anchor the week — enough depth to enter, not so much that the body cannot keep what it learns.

Beginners are welcome alongside long-time practitioners. Each guest leaves with a short daily practice they can continue at home. The point of the week, in his words, is what stays with you afterwards.

35+

YEARS
TEACHING

3

CORE
FORMS*English*TEACHING
LANGUAGE

SON SALAS · MALLORCA

A larger finca, chosen for *rhythm and space*.



Son Salas offers the space for a more expansive version of the Qi Gong Reset — without losing the quietness of the original idea. The finca is held exclusively for the group, allowing the week to unfold with a clear rhythm: morning practice, long pauses, shared meals, and time to rest between sessions.

The rooms are arranged across several categories, from larger suites to quieter standard rooms and a simple standalone Olive Grove room near the practice area. This allows the retreat to welcome a balanced group while still preserving privacy, comfort and a sense of personal space.

The setting is not treated as decoration. It supports the method: calm mornings, generous practice spaces, unhurried meals, and enough room for the nervous system to settle.

The location is not a backdrop. It is part of the method.



A TYPICAL FULL PRACTICE DAY

Structured, *spacious*,
embodied.

A typical full practice day		FROM TUESDAY TO SATURDAY
08:00 — 09:00	Morning Qi Gong · standing, breath, arrival into the body	
09:00 — 10:30	Breakfast	
11:00 — 12:00	Second morning session · posture, form, correction	
12:30 — 14:30	Light lunch & long pause	
14:30 — 16:15	Afternoon training · form, breath, correction, integration	
16:15 — 18:30	Free time · rest · pool · sauna · quiet integration	
18:30	Dinner	
After dinner	Tea, conversation, quiet practice or meditation · OPTIONAL	

THE RETREAT ARC

Monday arrival, five full practice days, *Sunday departure*.

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
Mon · 22 Mar	Tue · 23 Mar	Wed · 24 Mar	Thu · 25 Mar	Fri · 26 Mar	Sat · 27 Mar	Sun · 28 Mar
Arrival day	Foundations	Deepening	Refinement	Integration	Continuity	Departure day

SON SALAS · A CLOSER LOOK

The finca, in fragments.



CATEGORY I · 3 ROOMS

Suite Rooms.

*The Master Suite · Room 5 with private terrace
· The Pool Suite*

4,250 €

SINGLE
OCCUPANCY

3,150 € p.p.

DOUBLE / TWIN

CATEGORY II · 6 ROOMS

Standard Rooms.

Six standard rooms across the main house

3,650 €

SINGLE
OCCUPANCY

2,650 € p.p.

DOUBLE / TWIN

CATEGORY III · 1 ROOM

Olive Grove Room.

Simple standalone room near the practice area

3,450 €

SINGLE
OCCUPANCY

2,550 € p.p.

DOUBLE
OCCUPANCY

Double occupancy is priced per person. Twin setup is available in selected rooms only and may include one existing bed and one added single bed, depending on the room configuration. Room allocation is confirmed according to category, booking order, room suitability and the overall composition of the group.

HELD WITHIN THE WEEK

- ☎ Six nights at *Son Salas*, held exclusively for the group
- ☎ Five full practice days with *Stephane Kamesh*
- ☎ Seasonal kitchen — breakfast, light midday meal, unhurried dinner, including arrival dinner and departure breakfast
- ☎ Osmosis-filtered water available throughout the house
- ☎ One *silent hike* · use of pool with cold dip, gym, tennis court and racquets
- ☎ The week is hosted on site by Bon Sentiment

ARRANGED SEPARATELY

- ☎ Flights to Mallorca
- ☎ Airport transfers · 70 € per way
- ☎ Travel and cancellation insurance
- ☎ Optional 1:1 treatments with Stephane, if offered
- ☎ Personal expenses

Booking & cancellation.

A reservation is confirmed with a **30 % deposit**; the remaining balance is due **8 weeks before arrival**. As the finca is held exclusively for the group, early confirmation helps us protect the room composition and overall retreat rhythm.

CANCELLATION BY THE GUEST

TIME OF CANCELLATION	FEE
From booking until 8 weeks before arrival	30 %
56 – 43 days before arrival	50 %
42 – 29 days before arrival	75 %
28 days or less before arrival	100 %

FURTHER CONDITIONS

CANCELLATION BY BON SENTIMENT

If the required minimum number of confirmed participants is not reached 8 weeks before arrival, Bon Sentiment may cancel the retreat and refund all payments in full. Additional costs — flights, transfers, separate accommodation, insurance — remain the guest's responsibility.

WAITING LIST

If your preferred room category or occupancy is not immediately available, we may hold your request on a waiting list — keeping the room plan balanced while giving priority to guests whose preferred setup becomes available. Single occupancy is available in selected rooms, confirmed subject to overall allocation.

REPLACEMENT GUEST & INSURANCE

A booking may be transferred to a suitable replacement with prior written approval; an administrative fee may apply. We strongly recommend that all guests take out travel and cancellation insurance.

RESERVE — OR SIMPLY ASK

This edition is *held once*.

Write to us with your preferred room category and occupancy. We reply personally within one working day.

RESERVE YOUR PLACE



ASK A QUESTION

