Qi Gong

FINCA ALEGRIA, SÓLLER · 22–28 MARCH 2027



You don't leave with more information — you leave with more space.

Stephane Kamesh has taught Qi Gong for more than thirty-five years. Over the week he teaches three core forms from Daoist practice — standing, breath and slow movement — slowly and with clear correction. In a group this small, beginners and experienced practitioners both find their depth, and everyone leaves with a short daily practice to continue at home.

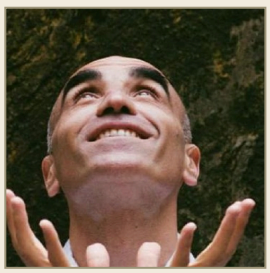
Six nights · five practice days · ten guests, one house · from €1,250 per person

INCLUDED — ACCOMMODATION · QI GONG TRAINING · BREAKFAST, MIDDAY SNACKS, DINNER

bon-sentiment.com/qi-gong

The week, the rooms and how to reserve — overleaf.

felix@bon-sentiment.com · bon-sentiment.com
DE +49 171 3000 185 · ES +34 627 01 33 93



STEPHANE KAMESH
QI GONG TEACHER

One house, ten guests, and enough time for the practice to settle.

We have moved the Qigong Reset to a house we know well: an old finca on the edge of Sóller, with orange and lemon trees, a long garden and the mountains on every side. Fewer people, more room — for the forms, for Stephane, and for you.





THE RHYTHM

Practice, pause, return.

MON 22	Arrival. First practice 15:30–17:00, then dinner.
TUE & WED	Full practice days, as set out alongside.
THURSDAY	A day to breathe out. Free practice in the morning; in the afternoon a longer walk together in the Tramuntana.
FRI & SAT	Practice days, the same easy rhythm.
SUN 28	Breakfast and departure.

Arrival on Sunday 21 March only on request and subject to availability. Meals begin with dinner on Monday.

A PRACTICE DAY

Unhurried, by design.

08:00	Morning practice, until 09:00
09:30	Breakfast buffet, until 10:30
11:30	Second session, until 13:00
13:00	Midday pause with snacks
15:00	Afternoon practice, until 17:00
17:45	Dinner

The kitchen is Mediterranean and vegetarian throughout. Breakfast is a buffet with freshly pressed orange juice; in the evening, changing Mediterranean dishes — and, on request, a fish and a meat evening.

Sauna and whirlpool in the house spa, a cold plunge in the pool outside. Bicycles and excursions on request.

FIVE ROOMS & PRICE PER PERSON




With its own bathroom — €1,600

Two rooms, each en suite.





With a shared bathroom — €1,250

Three rooms sharing the spa bathroom downstairs and the garden bathroom.

Every room has one double bed — meant for couples, friends and companions. Prices per person, two to a room. Single occupancy on request. Airport transfer €70 per person; flights not included.



Ten places in all. Write to me — I answer every message personally.

FELIX MREICHE · CONTACT FOR BOOKINGS

felix@bon-sentiment.com

DE +49 171 3000 185 · ES +34 627 01 33 93

BON SENTIMENT

EXPERIENCE WITH DESTINATION

bon-sentiment.com