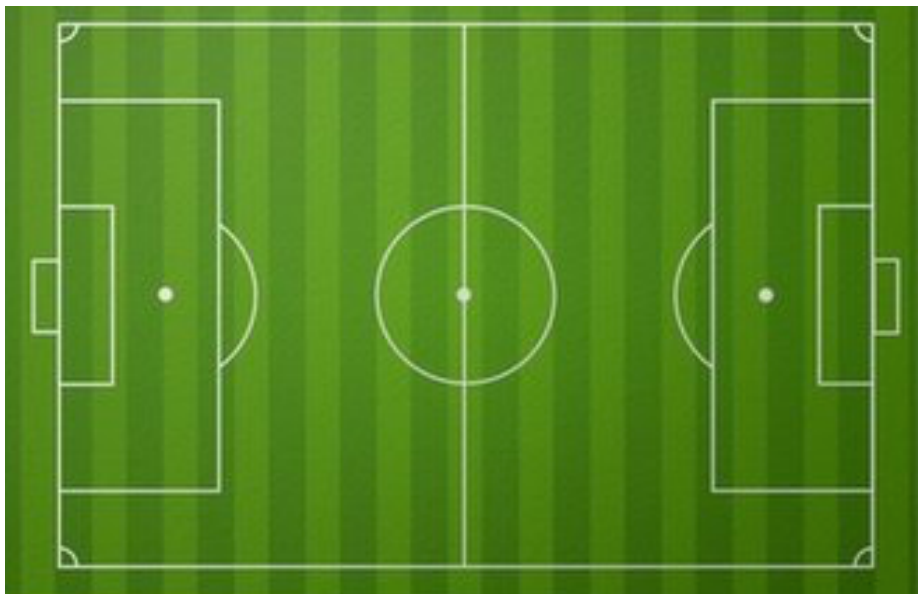




Welcome to Retreats by Dr. Mike

Introduction to:

Second Half Retreat



**"If you believe you can or if you believe you can't...
you're right!" Henry Ford**

**"Don't wish it was easier – wish you where better"
Jim Rohn**

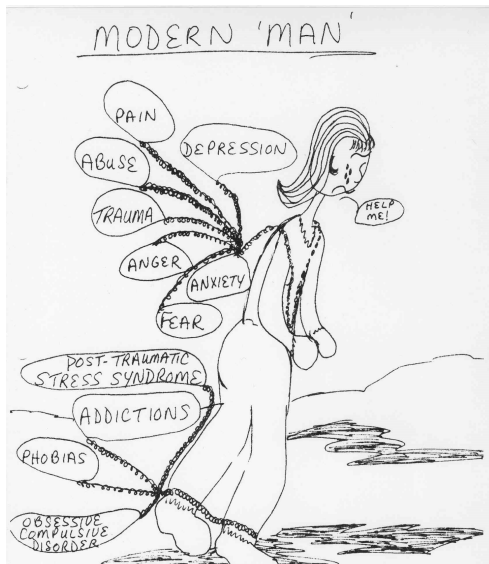


Invitation to our Second Half Retreat

Embarking on a relaxing retreat is a transformative journey, a deliberate escape from the hustle and bustle of everyday life. Nestled in serene landscapes, these havens of tranquility offer a reprieve for the mind, body, and spirit.

As you step into the retreat, a gentle calmness envelopes you, setting the tone for a rejuvenating experience. The air carries a sense of serenity, and the surroundings invite you to unwind and let go of the stresses that may have accumulated in the outside world.

The retreat is a sanctuary, carefully designed to promote relaxation and self-discovery. Surrounded by nature's beauty, whether it be a secluded mountain retreat, a coastal hideaway, or a lush forest haven, you find solace in the simplicity of the environment. The soothing sounds of rustling leaves, babbling brooks, or crashing waves become the soundtrack to your retreat, replacing the noise of daily life with a symphony of peace.



Activities are tailored to nourish the soul, offering a balance of mindfulness, wellness, and leisure. From yoga and meditation sessions that reconnect you with your breath, to spa treatments that pamper the body, every aspect is curated to foster a sense of well-being. Healthy, delicious cuisine further complements the holistic experience, providing nourishment for both body and mind.

In this tranquil cocoon, time seems to slow down. The absence of external pressures allows for introspection, self-reflection, and a deeper understanding of one's own needs. Whether you choose to spend your days in quiet contemplation, take leisurely walks in nature, or simply lounge in a hammock with a good book, the retreat empowers you to embrace a pace that resonates with your inner self.

Perhaps one of the most profound aspects of a relaxing retreat is the opportunity for connection – with oneself, with others, and with the natural world. It is a chance to reset, recharge, and return to the world with a renewed sense of clarity and purpose. The memories created in this haven of tranquility linger long after the retreat concludes, serving as a reminder of the importance of carving out moments of peace in our fast-paced lives.

Please note that this is not a yoga retreat, even though it is a part of it, but a place to immerse yourself in a world of tranquility, self-discovery, including unlocking the limitless potential of our bodies and minds.



Life is like a football match

That might sound strange to you, but think about it like this:



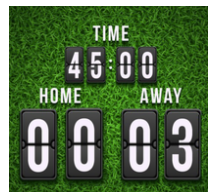
Consider your life as a grand performance, akin to a theatrical masterpiece with two distinct acts/halves and a vital intermission, like in a football match.

At this very moment, you find yourself in the midst of the intermission, having just completed the opening act—the first half of your life. The scoreboard, however, reveals a disheartening 3-0 deficit, signaling that you're trailing in this captivating drama.

Now, the crucial decision lies in how you navigate this intermission, a pivotal juncture where you can redefine your strategies for the upcoming second half.

Option one involves pointing fingers, assigning blame, and dwelling on the missteps. You could attribute the score to external factors – blaming others, your circumstances, your upbringing, or countless other excuses.

Yet, should you opt for this route, you risk entering the second half with the same ineffective tactics that led to your current predicament. The blame game offers little room for growth or positive change, leaving you vulnerable to a repeat performance of the first half's struggles.



Option two, however, presents a more constructive approach. It encourages a brief but insightful analysis of the initial act, identifying areas for improvement and acknowledging the need for change. In this analogy, it's about tweaking the game plan, substituting players, and making strategic adjustments. Similarly, in your life, this could involve shedding relationships or habits that drag you down, hindering your progress.

As you stand in the locker room during this intermission, consider seeking guidance and support to navigate through this critical phase. Allow us to be your mentors, offering insights and assistance in reshaping your mindset and beliefs.

Together, let's ensure that when you step back onto the field for the second half, it is with a renewed spirit, a transformed mindset, and the determination to overcome the challenges that lie ahead. The intermission is not a period of defeat but an opportunity for a triumphant comeback.

Let us help/guide you through the intermission so that you come out on the field in the second half with a completely different mindset/Beliefs.



Creating long-lasting change begins with the core of your beliefs. Our beliefs serve as the foundation upon which our thoughts, actions, and habits are built. When we hold onto positive and empowering beliefs, we set the stage for transformative and enduring change in our lives and the world around us.

Beliefs are like seeds planted in the fertile soil of our minds. If we cultivate beliefs rooted in the potential for growth and change, we pave the way for meaningful and sustainable transformation.

Mahatma Gandhi said:

Your Beliefs become our thoughts - Your Beliefs become our Thoughts - Your Words become your Action - Your Action become your Habits - Your Habits become your Values(/Disease) - Your Values become your Destiny



To initiate enduring change, it is crucial to examine and, if necessary, challenge limiting beliefs that may be hindering progress. This introspective process allows us to replace self-imposed constraints with beliefs that foster resilience, innovation, and a growth mindset. When we embrace the idea that setbacks are opportunities for learning and that challenges are catalysts for growth, we create a mindset that fuels lasting change.

Moreover, beliefs shape our values and influence the choices we make. By aligning our actions with values that prioritize sustainability, and well-being, we contribute to positive, lasting change on a broader scale. When our beliefs and values are in harmony, we become agents of transformation, inspiring those around us to embark on their own journeys of positive change.

It is essential to recognize that beliefs are not static; they can evolve over time, and can be altered for the better with proper guidance and education.

Cultivating a habit of continuous self-reflection and learning helps us refine and adapt our beliefs as we gain new insights and experiences. This adaptability is key to sustaining long-term change, as it allows us to stay responsive to the evolving needs of ourselves and society.

In summary, the seeds of enduring change are planted within the fertile soil of our beliefs. By nurturing positive, empowering beliefs, challenging limiting ones, aligning our actions with our values, and embracing adaptability, we become architects of a future marked by positive, lasting transformation. The journey towards change begins within, in the realm of our beliefs, and radiates outward, shaping the world we inhabit.



Long lasting change can begin with your Actions or your Habits (like alcohol problems, negative thoughts, fear and so on, but for long lasting change, you need to change your beliefs, that affected how you entered the first half.

Long-lasting change does not solely commence with our actions or habits; instead, it finds its roots in the deeper soil of our beliefs. While actions and habits are integral components of change, they are often the visible manifestations of what lies beneath—the underlying belief system.

Consider actions and habits as branches and leaves of a tree, while beliefs are the sturdy trunk and deep-reaching roots. Focusing solely on modifying actions or habits without addressing the core beliefs is akin to trimming the branches without tending to the health of the tree itself. Such changes may be temporary, lacking the sustainable foundation needed for enduring transformation.

Beliefs act as the driving force behind our actions and habits. If our beliefs remain unchanged, efforts to alter behavior may encounter resistance and inconsistency. To instigate meaningful and lasting change, it becomes imperative to first explore and adjust the fundamental beliefs that shape our mindset and guide our choices.

In essence, true and enduring transformation involves a holistic approach that delves into the realm of beliefs. By nurturing positive, empowering beliefs and challenging limiting ones, we lay the groundwork for a sustainable and profound shift—one that influences not only our actions and habits but also permeates every aspect of our lives.

What you sow in the spring you will reap in the autumn

**The person you are today - is a result of the thoughts and actions
you have had so far in your life.**

**The person you are in 5 years is a result of the thoughts and
actions you have today.**



"Great! I'm soooo inspired to start practicing and use these new techniques. Want more..... Now." Steve Ballard (course)



Date: Is/will be posted on www.retreatsbydrmike.com
Start: Tuesday: 9 AM (09,00)
End: Sunday: 5 PM (17,00) on Sunday.
Where: Is/will be posted on www.retreatsbydrmike.com

Registration: Go to www.retreatsbydrmike.com, select Contact and fill out the form, then you have to pay the registration fee, see below.

Cost Normal: € 4 000 (See more on the next page)
Early Bird offer: € 3 500

Early bird offer/registration: Register and **pay the full retreat fee** on or before: three months before the retreat.

Always included in the price

- Cost for the venue
- 5 Nights in a shared twin room or similar
- All meals from arrival to departure
- All snacks and refreshment during the days
- Daily Yoga and Meditation sessions
- All material
- 2 one on one consultation with Dr Mike
- Local IVA (tax) and all necessary insurance (except travel insurance).

Note that there is no alcohol served during this stay, if you want some wine for the meal, that is ok, but we do not have or include this in the cost.

Not included:

- Transportation to and from the venue
- Private trips taken during the retreat and outside the program
- Meals taken outside the program.

Single room: usually is around € 300-500 extra, depending on venue. If you want a single room, we will try to accommodate you, but that depends on the local retreat-center and of course, this is associated with a higher price.

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How do you pay:

First you need to secure your spot by paying the registration or booking-fee of € or £ 600 to:

BIC: REVOGB21
 SWIFT: GB78 REVO 0099 7091 6095 46

IMPORTANT: *Include your name and what retreat you pay for.*

The rest of the payment:

The rest of the fee you pay in advance.

You can also divide the payment monthly (with a small sub charge). You will of course get a receipt for your books. See more in the Cancellation section below.

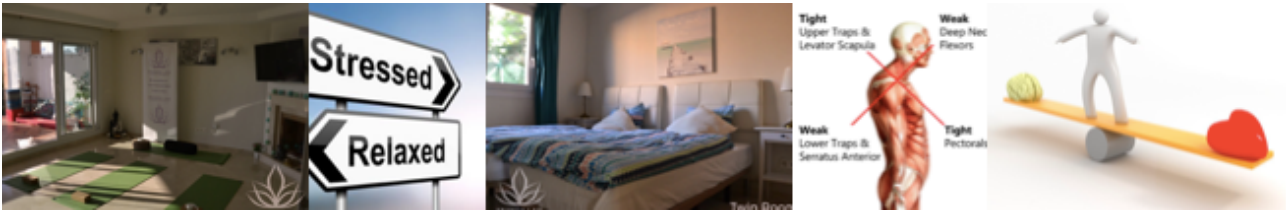
NOTE: Your place on the retreat can only be guaranteed if the registration/booking fee is paid as per above.

	EURO
Retreat investment:	4 000 €
Registration fee:	600 €
Remaining fee:	3 400 €
Divide payment in	Sum is to be payed per month:
5 months:	700 €
4 months:	870 €
3 months:	1 153 €

All retreats are in English. *Also see cancellation policy below.*

"The best course I have been to. In spite you're dry humor... Thank you for a fantastic weekend." Peter Nilsson, Malmo, Sweden

"By far the best course ever, totally amazed how much I have learned in just three days. Very impressed with the course leader". Sammy Morssy, Umeå, Sweden



Preliminary Schedule

Tuesday:

- 09,00 Welcome and registration
- 10,00 Opening presentation and introduction to the week and program.
Including individual goal setting for the week,
- 11,00 Individual assessment, settling into the resort
- 13,00 Lunch 'n relax
- 15,00-17,00 Stress physiology and management - Demonstration & workshop
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

Wednesday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Understanding chains in the body - Demonstration and workshop
- 13,00 Lunch 'n relax
- 15,00-17,00 Rewire our brain, part 1
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

Thursday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Frequencies, Energy, The development of our brain - workshop
- 13,00 Lunch 'n relax
- 14,00 Excursion
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

Friday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Rewire our brain, part 2
- 13,00 Lunch 'n relax
- 15,00-18,00 Session with Dr Mike
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

*"A very heavy course finished a certificate received . The Qinopractic medicine is the most fascinating thing I've done in a long time. Mentally exhausted would be an understatement but absolutely brilliant. Thank you Mike Dahlstrom you are an amazing teacher."
Dawn Rothwell, Senior tutor at Active Health Group and over all horse wizard*



Saturday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Relation and Communication, workshop, part 1
- 13,00 Lunch 'n relax
- 15,00-17,00 The development of our brain (part 2) and Goal setting part 1
- 18,00 Session with Dr Mike
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Closing Dinner

Sunday

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Relation and Communication, workshop, part 2, Goal-setting, part 2
- 13,00 Lunch
- 15,00-17,00 Recap, treat each other, or work on your new goals/life together with a partner. If you need to leave for a flight, that is ok, nothing new today.

These unique retreats are not to be compared to any other retreat that is offered here on Costa del Sol or anywhere in the world, since it's Dr Mike has founded and developed the unique combination of classroom lecture, hands-on practice and workshops.

Welcome to the future - your future, the first weekend of the rest of your life.

It's not until you get lost that you can find new paths.
Let me help you find a way forward



Once you have registered I will send you all the details about the venue and how to get there. I believe that you do not go a retreat for the venue, but for the content.

*"Heading back to Whitefield after a very enlightening weekend in the company of Dr Mike Dahlstrom. Excellent weekend to the wonders of Qino-practic Medicine, opening energy channels and finding new found strength in dysfunctional muscles."
Digger Daley, Sports Therapist at Achilles Healers Sports Therapy in Bury*



See you at the start of the retreat!

Costa del Sol, January 31, 2024

Sincerely,

Dr Mike Dahlstrom
 Doctor of Chiropractic Medicine, Osteopath, 3 forms of Acupuncture,
 Ambassador, Lecturer, Author, Speaker, founder of QINOpractic
 Medicine, the International College of QINOpractic Medicine,
 Conscious Parenting courses and retreats among other.



Cancellation policy:

The booking fee is non-refundable unless you change your mind within 10 days of payment, after that the booking fee is non-refundable.

Cancellation period:	Registration fee	Retreat fee
0 - 10 days after registration	Full refund	
Day 11 to 4 months to departure	No refund	
4 months to 1 month to departure	No refund	50% will be charged
Within 29 days to departure	No refund	100% will be charged

You may book a retreat with a deposit (down payment) until 4 months prior to the retreat start date, after which full payment is required to secure your spot (if any are still available).

The remaining balance of your retreat payment is due 4 months before the retreat begins. We will notify you of the balance due date after your deposit has been processed.

If the final balance is not received by the due date, then your booking cannot be guaranteed and Retreats by Dr. Mike reserves the right to cancel your booking and forfeit your deposit and the previous payments already applied.

IF a retreat is cancelled due to any circumstance beyond our control, we will refund you in full, including the registration/booking fee or you can choose to keep your spot for the next one.

*Thanks a lot to [Mike Dahlstrom](#), crazy knowledge bombs, mind well and truly blown 😊😊
 Johnny Smith, Sports Therapist at Satori Sports Therapy in Manchester*



GIFT-CARDS:

If you know of anybody who would benefit from one of our retreats, you can always give them this for their birthday or Christmas.

For more info, please don't hesitate to contact me at Mike@retreatsbydrmike.com or WhatsApp: +46 707 99 66 36 or Spanish number +34 656 82 66 18

Useful websites:

www.QINOpactic.eu Read more about me and mine/our philosophy on my international college website. Offer postgrad education for therapists, doctors and Physiotherapists

www.SweQINO.com Dr Mike's clinic in Spain.

www.retreatsbydrmike.com Where all our retreats are presented, like our unique 12 day long retreat/trip to the Himalayan mountains in northern India and weekend and weeklong Stress and Pain relief retreats are

All our retreats are unique and developed 100% by me, and my healing philosophy, stemming from working as a professional in this field for over 30 years.

"My experience of the QINOpactic weekend was incredible. I have certainly not regretted taking the opportunity to meet charismatic, warm, friendly, down to earth and knowledgeable Dr Mike. I went into the weekend stressed and I believe depressed, but with an opened mind. I left happy with enormous energy, smiling for the rest of the day and following weeks... Monday morning I jumped out of bed feeling more positive then I have for a very-very long time!

The weekend answered my questions on how to help people more holistically including stress release. I absolutely love the theory behind QINOpactic Medicine. Mike helped me as no doctor has!

I was planning to study medicine but will go the QINOpactic way instead. I can see it being a great benefit to my clients' well being".
Alena P. Sofia, Bulgaria