



Welcome to Retreats by Dr. Mike

Introduction to:

Stress and pain relief -
week-long retreats.



**"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 Stress and Pain relief Retreat

Here is some information about our Stress and Pain relief retreat, weekends or week-long. These retreats are unique since we've put them together from 30 years of experience and teaching around the world. We address subsets like pain, stress, communication, and Goal-setting, and we always combine this with daily yoga/meditation sessions.

The weekend retreats are from Friday to Sunday, but we also offer day-retreaters on Saturday and Sunday. The week-long retreats are from Sunday to Saturday.



During these retreats, you will learn about various chains of movement throughout the body. Similar to a chain or dominoes falling, it's always the weak link in the body that is the first to give. For example, muscular imbalance can lead to fatigue and pain throughout the entire system. But, as can Chemical imbalances, negative thoughts, stress, and preprogrammed "truths"/beliefs.

We will also deal with subjects like stress, how it affects the body, and what you can do. And as that is not enough, we will also talk about energy, actually, we will talk a lot about energy and frequencies and how it affects us all. One topic that always is very popular is when we demonstrate how the left and right brain hemispheres react during stress, mind-blowing, and we will teach you that as well.

We will talk and show you how important negative thoughts are and how they affect your body and health.

We will mix lectures with demonstrations, explanations, workshops, and you will also get two 20 minutes of free one-on-one consultation by Dr Mike.

This weeklong retreat is something you can not get anywhere else since Dr Mike has developed the concept himself from the accumulated experience of 30 years of dealing with pain.

This retreat is nothing you have ever expected and believed, but here it is.

Put up your tray table, pull down your blinds, buckle your seat belt, and let's go - Guaranteed one retreat you will never forget - or regret.

Date: Will be posted on www.retreatsbydrmike.com
Start: 9 am on Wednesday and End 5 pm (17,00) on Sunday.
Where: 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.

NOTE; Due to covid restrictions and local venues individual space we can only offer this to a limited amount of people.

Cost Normal: € 4 500

Early bird: € 4 000 Register and pay the registration fee two months prior to the retreat

Included in the price;

- Cost for the venue.
- 6 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
- Local IVA (tax) and all necessary insurance (except travel insurance).
- 2 one on one consultation with Dr Mike.
- 1 physiotherapy sessions

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 € 500 extra, for the week, depending on the 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.

NOTE: During our weeklong retreat, we do not offer Day-retreat attended

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

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



How do you pay - week-long retreat:

How to book: Go to www.retreatsbydrmike.com, select Contact and fill out the form.

First you need to secure your spot by paying the registration or booking-fee of € or £ 800 for week-long retreats 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 upfront, two months before to the start or divide the payment monthly.

NOTE: To take advantage of the early bird offer (€ 4 000), the full trip has to be paid by 4 months before the start of the retreat, and you can not divide this payment.

Divide you payment:

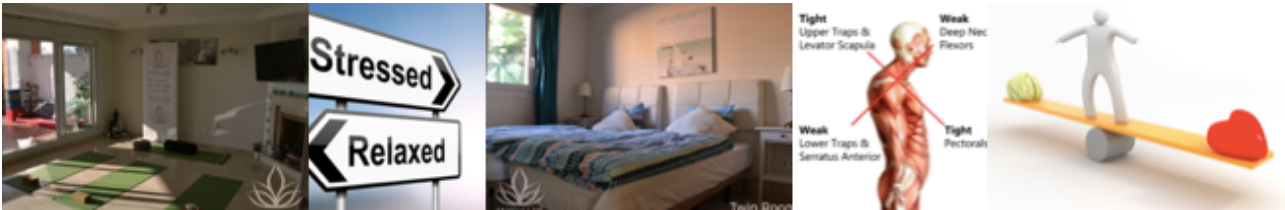
	EURO
Retreat investment:	4 500 €
Registration fee:	800 €
<hr/>	
Remaining fee:	3 700 €
Divide payment in: Sum is to be payed per month:	
5 months:	760 €
4 months:	945 €
3 months:	1 253 €

Once you have paid the registration fee you can choose to pay the rest of the sum in full or divide your payment as per follows; (there is a € 20 surcharge at every payment)

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"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

Sunday:

- 09,00 Welcome and registration
- 10,00 Opening presentation and introduction to the weekend 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 Pain and stress physiology and management - Demonstration & workshop
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

Monday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Pain relief exercises. Frequencies, Energy - Demonstration and workshop
- 13,00 Lunch 'n relax
- 15,00 Half group Treatment Physiotherapy, the other half, session with Dr Mike
- 17,00-18,00 Rewire our brain, part 1
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Dinner

Tuesday:

- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Pain relief physiology and management - workshop
- 13,00 Lunch 'n relax
- 14,00 Excursion
- 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 Rewire our brain, part 2
- 13,00 Lunch 'n relax
- 15,00-17,00 Half group Treatment Physiotherapy, the other half, session with Dr Mike
- 18,00 Session with Dr Mike, second one (for the Monday group)
- 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 At my discretion
- 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, second one
- 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 Physiotherapy training in group
- 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, second one (for the Wednesday group)
- 19,00 Yoga, Meditation (not obligatory) or free time.
- 20,30 Closing Dinner

Saturday

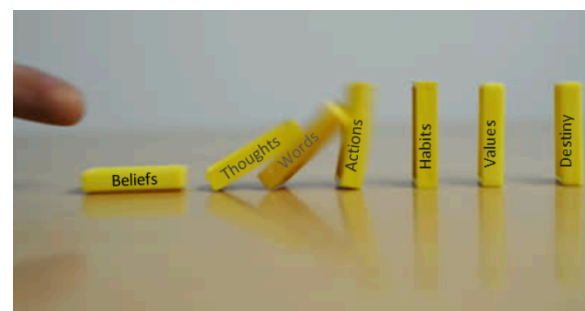
- 8,00 Morning Yoga/Meditation (not obligatory)
- 9,00 Breakfast
- 10,00 Relation and Communication, workshop, part 2, Goal-setting, part 2
- 13,00 Lunch
- 15,00-17,00 Recap, treat each other, or work on your new goals/life together with a partner. If you need to leave for a flight, that is ok, nothing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





Now, I understand that purchasing a retreat but somebody you do not know can be a little daunting, therefore I urge you to google my name, qinopraktik, kinopraktik and qinopractic and read up about me before you make the decision.

See you at the start of the retreat!

Costa del Sol, January 31, 2024

Sincerely,

Dr Mike Dahlstrom
 Doctor of Chiropractic, 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:

Both weekend Retreats and week-long Retreats

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 canceled 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.



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 our self-improvement retreat for 6 days, offered twice a year and always on different locations around the world.

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

"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