

The ZÖLDHÁZ Bio Panzió and Harmónia Tai Chi Retreat health holiday

Do you also want more time for yourself, slow down and create a healthy lifestyle?

Apply for our unique program which includes:

- A complete 3 or 5 days healthy lifestyle program
- Daily relaxation training given by professionals (Includes Tai Chi, Qigong and Meditation)
- A self-development session in the group
- Guided hiking tour in the Balaton-Highland National Park area*
- Opportunity for individual coaching session
- Practical tips on how to incorporate what you learn through the program into daily life
- Accommodation with full board in the renewed ZÖLDHÁZ Bio Panzió
- Accommodation in double rooms or 4 people apartment with private bathrooms (single room is also possible)
- Welcome drink with homemade food upon arrival
- Vegetarian meals
- Breakfast: buffet breakfast with self-made biological bread, sandwich creams, hot meals and drinks
- Lunch: a soup bowl served with a main course and salad
- Dinner: a main course, salad and cake
- During the day free spring water and fresh lemon balm and mint tea

*In case of bad weather we offer a substitute program including training and self-development.



For who is the program recommended? For everyone who...

- Is looking for a stress-relieving holiday
- Is looking for a relaxing type of training
- Wants to be physically and mentally refreshed and recharged
- Is interested in Tai Chi, Qigong and self-development
- For who healthy eating and a healthy lifestyle are important
- Would like to relax in a tranquil, natural environment
- Feels vegetarian meals are important

Participation in the program is recommended for anyone regardless of age and fitness level. There is no previous sports experience required.

Benefits of Tai Chi, Qigong and Meditation

- Relaxes and relieves stress
- Improves concentration ability
- Improves balance
- Improves fitness
- Improves awareness of the body and energy
- Relaxes the muscles
- Stimulates the body's self-healing processes
- Balances the internal energy
- Teaches the correct breathing methods
- Cleans the body and mind from within



The Tai Chi, Qigong and Meditation classes are provided in Hungarian and English with an option for German or Dutch translation.

Min. amount of participants: 10 people

Max. amount of participants: 20 people

Date: 20. 06. 2019 – 23.06.2019

application deadline: 17. 06. 2019

02. 07. 2019 – 07. 07. 2019

application deadline: 25. 06. 2019

09. 07. 2019 – 14. 07. 2019

application deadline: 02. 07. 2019

Place: 8315 Gyenesdiás, Kossuth Str.16.

Duration: 3 days and 3 nights or 5 days and 5 nights

Costs: 22.440 ,- HUF (75 EUR) / person / day

total: 67.320,- HUF (225 EUR) / person / 3 days

total: 112.200,- HUF (375 EUR)/ person / 5 days

single room surcharge: 26.440 ,- HUF (85 EUR) / person / day

total: 79.320,- HUF (255 EUR) / person / 3 days

total: 132.200,- HUF (425 EUR)/ person / 5 days

Please apply via e-mail: harmoniatachi@gmail.com

Contact person: Ibolya Nagy +36 20 417 37 16

To complete your application we require a 20% deposit of the total price in advance. The remaining part is to be paid after arrival in cash or via card. You can also use your "SZÉP kártya".