

Healing Hands

QI GONG AND MASSAGE
RETREAT

6 - 13

June
2026

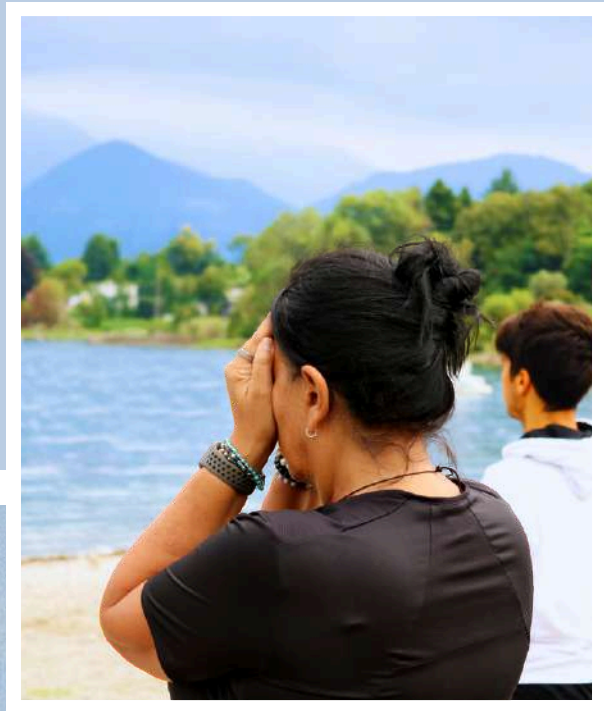
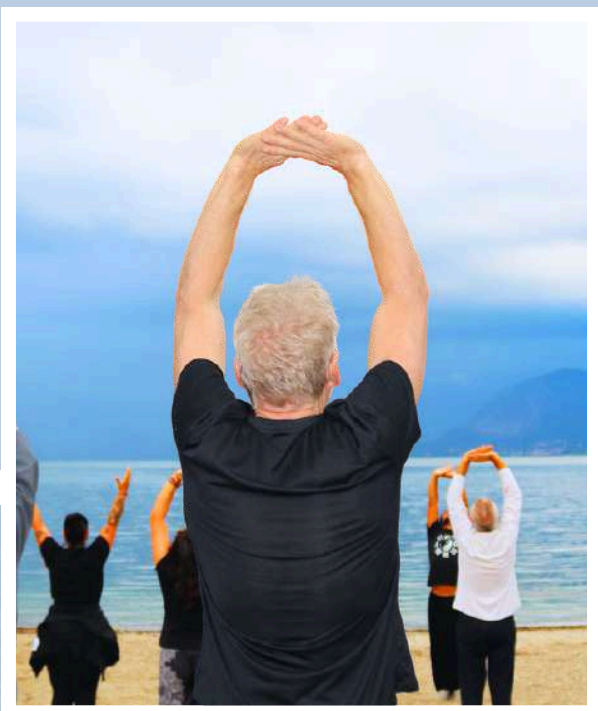
in Gran
Canaria



QI GONG

Qi Gong is an ancient Chinese practice that harmonizes gentle movement, conscious breathing, and focused awareness to cultivate and balance vital life energy (Qi). Rooted in centuries of wisdom, it enhances physical health, emotional resilience, and mental clarity—deepening sensitivity and awakening the body’s natural healing potential.

During the retreat, you’ll be introduced to the Healing Qi Gong set, designed to help you feel and guide energy within yourself and in connection with others. We’ll also explore Da Cheng Chuan and the Taoist Walk, powerful practices to build, circulate, and harmonize your vital energy, supporting both personal well-being and therapeutic touch.



MASSAGE

In this retreat, we will learn massage techniques from the so-called 'Acupressure of the Martial Arts', a 2300-year-old massage system from China. This massage technique is rooted in acupuncture and has several applications.

The main idea behind it is that when in pain, the "Chi" needs space to flow again. The techniques we will use during this retreat combine modern science with an ancient and deep understanding of how our body is connected to our True Self.

LOCATION

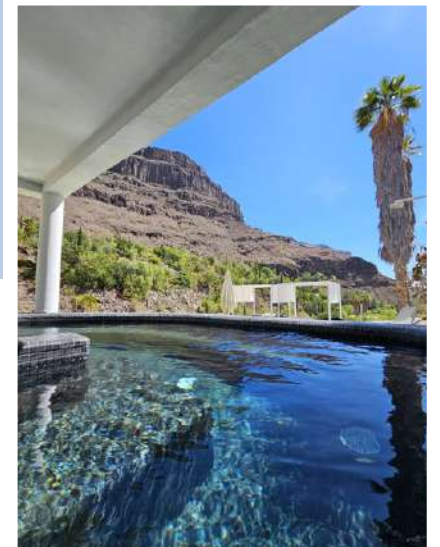
GRAN CANARIA

Casa AGAMA



Nestled in the serene mountains of Canarias, Casa Agama is a sanctuary designed for deep rest, reconnection, and inner transformation. The house features a spacious yoga studio, a large jacuzzi, and an outdoor gym. The villa is located in a valley, surrounded by nature, providing a calm and quiet atmosphere.

Casa Agama is more than just a house — it's a space held with care, where nature, simplicity, and presence come together to support your inner journey.



Don't miss our

Program

Saturday 6th

16:00 - 17:00

Arrival

17:00 - 18:00

Presentation of the course

18:30 - 20:00

Dinner

20:30 - 21:30

Guided meditation

Sunday 7th to Friday 12th

8:00 - 9:00

Qi Gong

15:30 - 18:00

Massage class

9:00 - 10:30

Breakfast and rest

18:30 - 20:00

Dinner

10:30 - 12:30

Energy work

20:30 - 21:30

Meditation

13:00 - 14:30

Lunch

Tuesday 9th

7:00 - 8:00

Breakfast

15:30 - 18:00

Massage class

8:00 - 11:00

Visit to Maspalomas

18:30 - 20:00

Dinner

11:00 - 12:00

Qi Gong in the dunes

20:30 - 21:30

Meditation

13:00 - 14:30

Lunch

Saturday 13th

8:00 - 9:00

Qi Gong

9:00 - 10:00

Breakfast and rest

10:00 - 11:00

Time to say goodbye

Transport from the
airport is available
without additional costs



Meet our

Teachers



Kierty Verbooy

Kierty began martial arts at age four and has trained ever since. After early years in Judo and Karate, he spent 12 years with Chinese monks, learning massage and acupuncture. His approach blends movement, breath, inner awareness, and healing through a lifelong, holistic martial arts practice.



Giulio Saltelli

Giulio is a teacher of Qi Gong, Tai Chi, Kung Fu, and Daoist meditation. He trained for years in Wudang, China under Master Li Shifu, later teaching and translating at Five Immortals Temple. Founder of Spirit Arts, he shares Daoist practices through retreats and workshops.



Jeannette Verbooy

Jeannette has practiced Martial Arts since the age of 25, starting with WuShu and Pencak Silat, and now focuses on Tai Chi and Chi Kung. With over 25 years as a Mensendieck exercise therapist and 15 years teaching yoga, she integrates anatomy and physiology to support embodied movement and conscious teaching.



Helena Castellà

Helena grew up immersed in body and energy practices through her mother, a yoga teacher, massage therapist, and acupuncturist. She later deepened her practice with martial arts and energy work. Now, she teaches Qi Gong, Tai Chi, and offers chiromassage therapies at Spirit Arts Academy.

Check our

Prices

Double room



King size bed

Private bathroom

8 days of retreat

Breakfast, lunch and dinner

Water, coffee and tea

1.280€
per person

for 2 people

Shared double room



King size bed

Shared bathroom (per room)

8 days of retreat

Breakfast, lunch and dinner

Water, coffee and tea

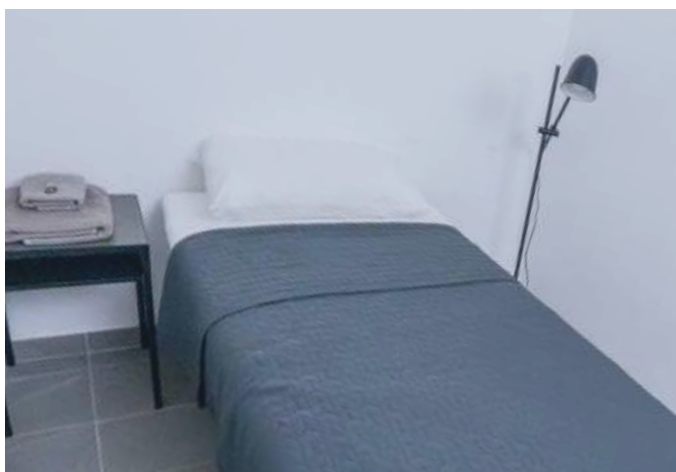
1.180€
per person

from 2 to 4 people

Check our

Prices

Individual room



Individual size bed

Private bathroom

8 days of retreat

Breakfast, lunch and dinner

Water, coffee and tea

1.330€
per person

for 1 person

Shared room



King size bed /
Two individual beds

Shared bathroom (per room)

8 days of retreat

Breakfast, lunch and dinner

Water, coffee and tea

1.180€
per person

for 2 people

Booking

Book this retreat through



www.spiritartsacademy.com

Info in Spanish, Italian, English:



+34 668 59 83 49 - Helena



contact@spiritartsacademy.com

Info in Dutch, German, English:



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Inscription closes on
May 1st