

Qigong Academy

the home of mindful movement

JUNE 8TH – 12TH, 2027

RETURNING TO JOY AND STILLNESS

5-day retreat for mind and body

Join our expert guides to explore how the work of **Gabor Maté** and **Dr Pang Ming** can combine to support you in finding greater inner peace and joy

With John Millar and Irina Sadakova

AŠUMA RETREAT CENTRE,
LOVĆEN NATIONAL PARK, MONTENEGRO

qigongacademy.org

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What this retreat is about

Both Gabor Maté and Dr Pang Ming bring focus to the importance of relationship within their work. Relationship with ourselves, relationships with others, what these relationships trigger and reinforce within us, and how this is expressed through our emotions.

On this retreat, we will explore the role of relationship through the practices of Compassionate Inquiry® and Zhineng Qigong. Together, we will learn to recognise our relational patterns, meet them with greater awareness and care, and find our way back to ourselves. This journey can help us regulate our emotional landscape, deepen self-compassion, and create more space for joy and inner stillness.



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What you will be doing

Programme

The retreat is carefully designed to build a solid foundation from which to explore the practices and ideas. From here we give the time and care required to best integrate your learning into daily life. The themes are:

Day 1 - Arrivals, introductions and settling in
Day 2 - Exploring Common Ground
Day 3 - Exploring Broader Perspectives
Day 4 - How to apply your new understanding in the real world
Day 5 - Celebrating and Closing

Typical Day

Our aim is to offer a full, but relaxed schedule that is flexible and responsive to the groups needs. This is what a typical day would involve:

07:30 - Morning Qigong Practice
09:00 - Check in and Discussion
10:30 - Brunch
12:30 - Talk and Tuition
15:00 - Practice in nature / enjoy the site's facilities
17:00 - Small Group Session
18:30 - Dinner
20:00 - Evening Practice

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Where you will stay

Nestled in the beautiful, tranquil forest of the Lovcen National Park, ašuma was born out of a desire to offer a sacred, safe space for those who seek self development through mindful practices.

Stay in luxurious tented rooms with wooden floors, proper beds and ensuite bathrooms. Enjoying luxurious, freshly prepared, vegetarian food and sharing practice both in nature and the purpose built practice space.







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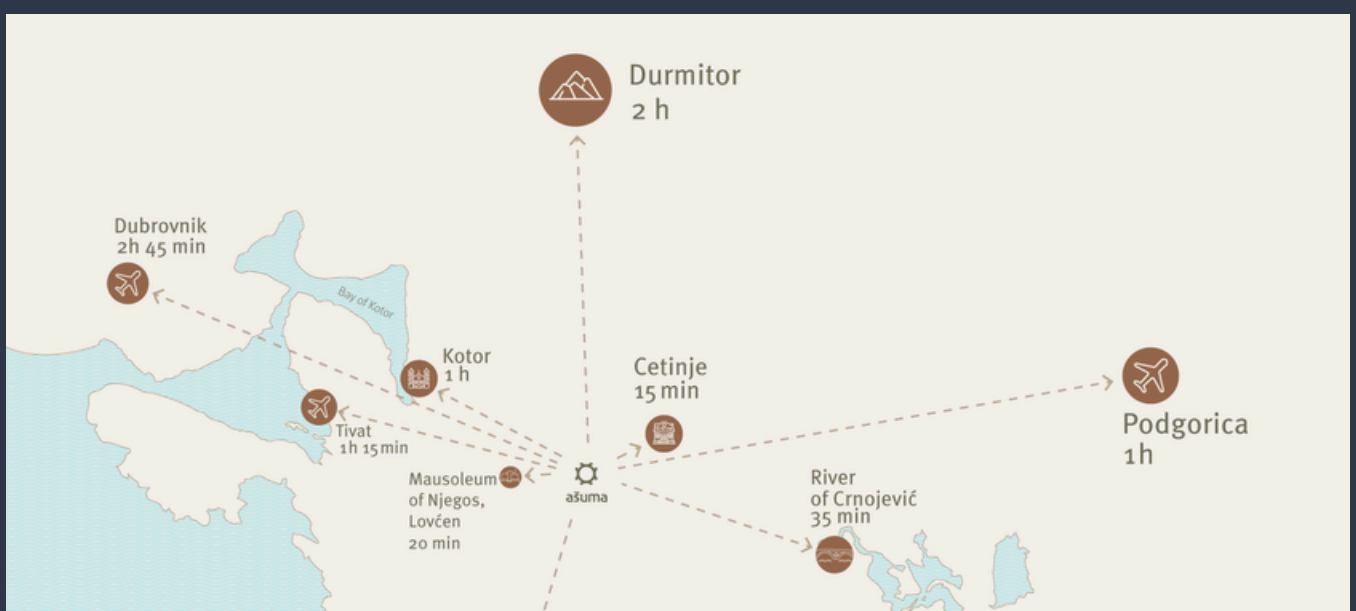
The place, and getting here

Ašuma's 10 hectare site is nestled in a serene valley, surrounded by mountain peaks and wild beech forest. It's not just a perfect place to host our retreat, it's also a wonderful space to enjoy and the combination of your retreat guides and supportive staff at the venue will be there for you.

Find out more about the venue through ashuma.me







Fly to Tivat (TIV) or Podgorica (TGD) — both within easy reach by road.
We will work with you to arrange transfers to and from the local airports.

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Your retreat guides



John Millar

An internationally renowned Zhineng Qigong practitioner, teacher and researcher. His light-hearted approach embraces the crossovers between pure Qigong and its wider application. His work around western medicine has led to long-term research with Oxford University, and his commitment to Zhineng Qigong has seen him work with Gao Yuan on retranslating Dr Pang's writing.



Irina Sadakova

A Certified Compassionate Inquiry® Practitioner, educator, and Qigong practitioner and trainer. She brings together Compassionate Inquiry®, the psychotherapeutic approach developed by Dr Gabor Maté, and Qigong — inviting participants to explore their inner patterns with curiosity and compassion while using mindful movement to deepen the connection with their bodies.

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Dates · Price · Booking

8–12 June 2027 · arrival from 15:00, departure after brunch

Price includes all sessions, shared accommodation, brunch and dinner. Additional meals and bar drinks will be available at additional cost.

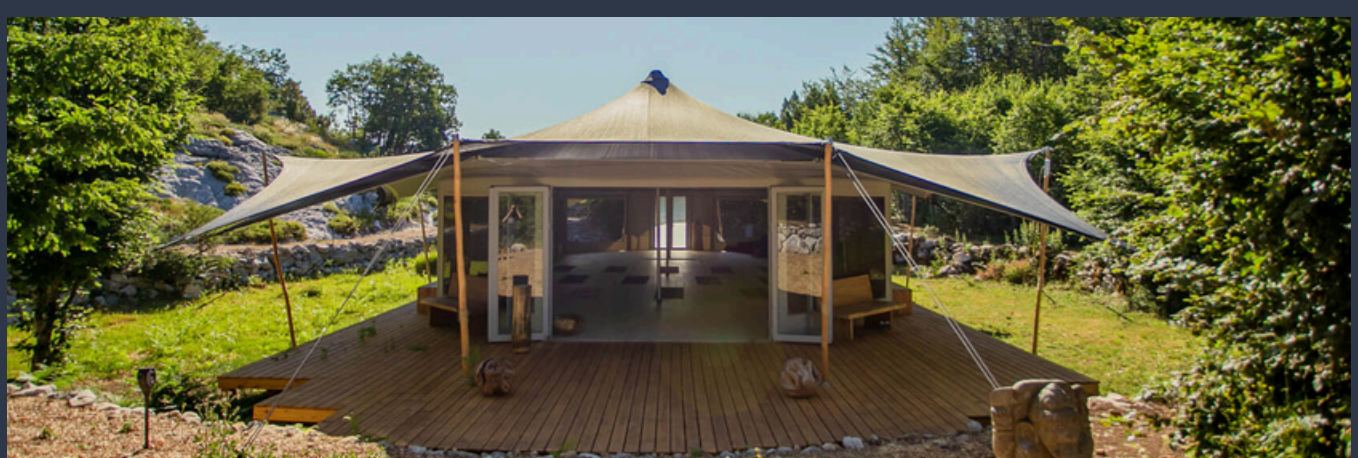
£1100 per person for bookings made before 1st Dec 2026
£1300 per person for bookings made on, or after 1st Dec 2026

£400 deposit secures your booking. Full payment due by 12th Mar 2027

Book now via this link







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Terms and Conditions

Booking and Payments

- Bookings are only taken with a deposit of £400
- Early Booking Prices are only available when the full booking and deposit are completed before the 1st December 2026
- Bookings taken on, or after the 1st December will be charged at the higher price of £1300.
- Balance of payment: The remaining balance is due by 12th March 2027

Cancellations

- If you cancel before 1st December, we will refund your deposit less a £20 administration fee.
- If you cancel between 1st December and 12th March, we reserve the right to retain your deposit in the event that we cannot fill your place.
- If you cancel on or after 12th March we reserve the right to retain the full price should we not be able to fill your place.
- If we cancel the retreat, we will return your deposit and any additional sums paid.

Guest Responsibilities and Rules

- Conduct: You are required to comply with any rules or restrictions that are imposed by the venue.
- Damage and Cleaning: In the event of chargeable damage to the venue or the venue's property, we retain the right to pass on the costs that we are charged as organisers.

Health, Safety, and Medical

- Disclosures: Participants must disclose relevant medical conditions, dietary requirements, or mobility needs at the time of booking.
  - With regard to dietary requirements, the food at the venue is vegetarian. The dietary information is in order to ensure that any allergies are known by the catering team.
  - With regard to medical and mobility disclosures, these are held in confidence and are not shared beyond the teaching team to ensure we are better able to work within your needs.
- Liability: We will do what we can to ensure your safety during the taught sessions, but we strongly recommend travel insurance to cover you for any losses or expenses that may occur during your trip.