



QUANTUM HEALTH RETREAT

VERNET-LES-BAINS, FRANCE 2026



Arrival: Saturday 25 April

Core Retreat: Sunday 26 – Wednesday 29 April

Departure: Thurs 30th April

Optional Post Conference Excursion:

Apr 30 for a Mediterranean beach excursion

You may arrive early or leave late if you want to stay longer.
Nothing is compulsory to attend other than seeing the sunrise!



RETREAT OVERVIEW

When **charge, light, water, mindset, food, movement, and environment** are aligned correctly, the body and mind has an extraordinary capacity to heal, adapt, and perform.

This retreat is designed to help you change those inputs using **both ancient wisdom and modern, scientific, experiential, and grounded approach**, integrating biology, physics, and consciousness. Rather than chasing symptoms, the focus is on restoring the foundational conditions that allow the body and mind to function optimally.

Health isn't just about what you eat or how you move. It's also about how well your body **gathers, stores, and distributes energy (charge)**. Every thought, emotion, and movement depends on this energetic foundation.

This event is **suitable for lay people, beginners, scientists and any healthcare practitioners** as you will be given tools and tips for daily you can apply in any country or with your patients/clients.

Suitable for all ages. Children welcome. Pets on request.

There will be both teaching in a lecture format 2 per day (appx 45min each) and it will be outside unless it is raining or needs a visual slide show.



The 4 day plan is in the brochure but is subject to minor changes depending on the weather.

LOCATION OVERVIEW

Nestled at the foothills of the eastern Pyrenees, Vernet-les-Bains is a historic spa village known for its clean mountain air, natural hot springs, mineral-rich water, and 300 days of sunshine each year.

Surrounded by forests, waterfalls, mountain trails, and sacred natural sites, the village has long attracted those seeking healing, recovery, and renewal. Natural hot and cold water sources sit within walking distance, and the surrounding terrain invites movement, stillness, and exploration.

Unlike busy resort towns, Vernet-les-Bains remains largely untouched by mass tourism and presence.

The retreat venue is situated within the village, offering both privacy and accessibility—close to nature, local markets, cafés/restaurants, and thermal waters, yet quiet enough to support deep rest and integration.

There are many local permaculture sites and farms with high quality soil for making the area well known for high quality and great-tasting produce

Vernet-les-Bains is easily reached via **Perpignan Airport (PGF)**, the nearest airport, with additional options via Girona, Carcassonne, Béziers, Montpellier. Barcelona and Toulouse are the two main international airports.

From Perpignan, Vernet-les-Bains can be reached by **train, regional bus, or car hire**, with a typical journey time of around **45-60 minutes**. Car hire offers the greatest flexibility for arrival and local travel.

There is a landing strip 30min from the venue for small planes and helicopters.

The Pillars of Health

This retreat integrates my six core pillars of human health and performance:



Biology - hormones, nutrition, minerals, metabolism



Physics - movement, fascia, redox biology, mechanical forces



Quantum - light, water, magnetism, electric charge



Chemistry - supplements, nutraceuticals, toxins, biochemistry



Nervous System - brain function, vision, balance, coordination, performance



Spirituality - consciousness, wave mechanics, coherence, and ancient practices

My Special Guest & Support - Nancy Wong

Nancy Wong is an experienced practitioner of Traditional Chinese Medicine (TCM) who specialises in the integration of movement, nourishment, and internal balance. With professional licenses in Acupuncture, Tuina, TCM Herbology, and Qigong, she approaches health through the sophisticated lens of ancient Chinese traditions.

Nancy is a direct student of Professor Dr. Yan Kwai Leung, PhD, and serves as the Group Leader for his work in the Netherlands and speaks fluent English, Dutch and Chinese.

Nancy has a profound passion for the culinary arts and is currently finalising her thesis in Constitution-based Chinese Nutrition. She is an excellent experienced cook and will be assisting us with the group meal preparation.



EXCURSIONS & LOCAL EXPERIENCES



Prades organic market visit



Waterfall hike & cold-water swimming



Outdoor healing hot water springs



Local thermal baths (approx. €7)



Walking tour of Vernet-les-Bains



Visit to a local sacred site and mountain hike



Optional **Mediterranean beach day** (30 April, post-retreat)

Core 4 Day Retreat Itinerary

Daily Sunrise Movement Training

Every morning begins with a 30–45 minute sunrise movement session led by Nancy Wong and Dr Sara.

The programme starts at 9 am and ends about 4.30pm Day 1 - 4.

DAY 1 -

Light & Water Day

Environmental Signals, Charge & Biological Timing

- Sunrise movement session (30–45 minutes)
- Breakfast

MORNING

- ☐ **Lecture: Light**
Circadian rhythm, spectrum, timing, natural vs artificial light, and their effects on biology and mitochondrial function
- ☐ Q&A, applied discussion practical
- ☐ Lunch

AFTERNOON

- ☐ **Lecture: Water**
- ☐ Why water is key to life and how to improve 'true hydration'
- ☐ Q&A, applied discussion practical
- ☐ **Excursion / Experience walking tour of Vernes les Bains. Natural spring water, natural hot water, forest, local cheesemaker and more**



DAY 2 -

Magnetism, Charge & Chi - Physics For Biologists Day

Electrobiology, the Unified Field & Cellular Energy

- Sunrise movement session (30–45 minutes)
- Breakfast

MORNING

- ☐ Lecture: **Everything is charge, Chi, Lifeforce or Redox – the body electric**
Including the work of **Robert O. Becker** on DC currents, healing, and regeneration
- ☐ How to raise your redox and have more Chi
- ☐ Q&A and applied discussion (until lunch)
- ☐ Lunch

AFTERNOON

- ☐ Lecture: **Magnetism, Aether & the Unified Field**
What is the aether, why magnetism matters, introduction to wave mechanics and physics of consciousness
- ☐ Q&A and practical

EXPERIENCE

- ☐ Visit to **natural outdoor hot water springs** Approximately 30 minutes by scenic drive or 45 minutes on foot



DAY 3 -

Circadian Ketosis & Food Day

Quantum Nutrition, Deuterium, Circadian Ketosis & Metabolic Tests (Labs)

- Sunrise movement session (30-45 minutes)

Breakfast, Lunch, Dinner - included (prepared by Dr Sara & Nancy)

MORNING

- **Lecture: Food Through a Quantum Lens** Food as information, light-food interactions, mitochondrial signalling
- **Lecture Quantum Ketosis** What is Ketosis? Principles, medical uses food timing, how to be in ketosis safely and metabolic flexibility
- All food Q&A and discussion – practical
- **Lunch – included**

AFTERNOON

- Q&A and practical discussion
- **Excursion Experience. Visit to Prades Organic Market and secret mountain trail to waterfalls for cold swimming**
- **All meals on Day 2 are fully prepared by Dr Sara and Nancy (plus anybody who wants to help) using locally sourced food, including food from Prades.**



DAY 4 -

Consciousness, Charge Collapse & Movement

Electrobiology, the Unified Field & Cellular Energy

- Sunrise movement session (30–45 minutes)
- **Led by Nancy Wong and Dr Sara**
- Breakfast

MORNING

- Sara's to movement tips from 13 yrs teaching movement from pain to performance
- Functional neurology and nervous system exercises. Ancient movements
- Practical work and Q&A (until lunch)
- Lunch

EVENING

- **Farewell Dinner 6.30pm start**

AFTERNOON

- **Lecture: Consciousness, Attention & Charge Collapse**
- **Hypnosis Training & Group Practice**
Participants actively learn and practise hypnosis in guided group sessions
- Demonstrations & Spontaneous Work
- **Experience** – Mountain hike and local St. Thomas hot baths



Food & Meals

Food is used intentionally as part of the retreat's **circadian, metabolic, and health goals**. France is well known for its high quality food.

Meals Included in the Retreat Fee



Welcome Dinner - Saturday 25 April



All meals on Day 2

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner



Farewell Dinner - Thursday 30 April

Dietary Requirements

We can accommodate:

- ☐ Low Carb/Keto/ Carnivore
- ☐ Gluten-free
- ☐ Vegetarian
- ☐ Dairy-free

Advance notice is required.



RETREAT INVESTMENT & BOOKING

Retreat/Course £300 GBP / £345E

Includes:



4-day core retreat programme



Welcome evening



All included meals listed above



Group sessions and excursions



Access to myself and Nancy for questions and guidance

Accommodation Options:

You can have a shared room (lower cost) or a room on your own

Options include:

☐ Retreat house 16 rooms (ensuite and shared-bathroom rooms) booked through Dr Sara

2 'Glamping tents' in the venue garden

☐ Hotel Princess 70 -120 E per night

☐ Local B&Bs and guesthouses

☐ Two local campsites

☐ Camper-van area

The retreat takes place **off-peak**, offering good availability and value.



The retreat house is a large house / hotel-style venue located in Vernet-les-Bains, designed to comfortably host group retreats while allowing space for privacy and rest.

RETREAT HOUSE ACCOMMODATION - WITH HOST MARTIN ARMSTRONG

Venue features include:



Large living room suitable for teaching sessions and group gatherings



Large downstairs dining room



Spacious upstairs communal area



Very large communal kitchen -2 fridges 1 freezer



Garden and outdoor dining space.



Swimming pool



Toilets on each floor



Pool table and table tennis

[See More Venue Details Online](#)

ROOM OPTIONS BOOKED THROUGH DR SARA WHEN YOU REGISTER

Ensuite Rooms



Family Room (1 room) £69 / €80 per night

- ☐ 1 double bed + 2 single beds
- ☐ Most spacious and premium option



Double Rooms -Ensuite (8 rooms) £52 / €60 per night

- ☐ Two single beds with a private bathroom

Shared Bathroom Rooms



Single Rooms (4 rooms) £34 / €40 per night

- ☐ Single bed
- ☐ Shared WC and shower on the same floor
- ☐ Most affordable option



Twin Rooms (2 rooms) Two single beds £39 / €45 per night

Glamping in The Garden - On request



Luxury tents with a carpet
Access to the venue for meals, facilities, toilets and
showers £26 / €30 per night

Rooms are allocated on a first-come, first-served basis. Spaces are limited

TOTAL RETREAT INVESTMENT (RETREAT FEE + 6 NIGHTS ACCOMMODATION)

Retreat + Single Room (shared bathroom): **£470** (≈ €550)

Retreat + Twin Room (shared bathroom): **£495** (≈ €575)

Retreat + Double or Twin Ensuite Room: **£560** (≈ €650)

Retreat + Family Ensuite Room: **£645** (≈ €750)

Retreat + Glamping Option: **£430** (≈ €500)

Extending your stay. If you would like to arrive on Fri 24th of April and/or stay until the morning of the 2nd of May please let me know when you book.

10% discount for my group members & founding Substack members

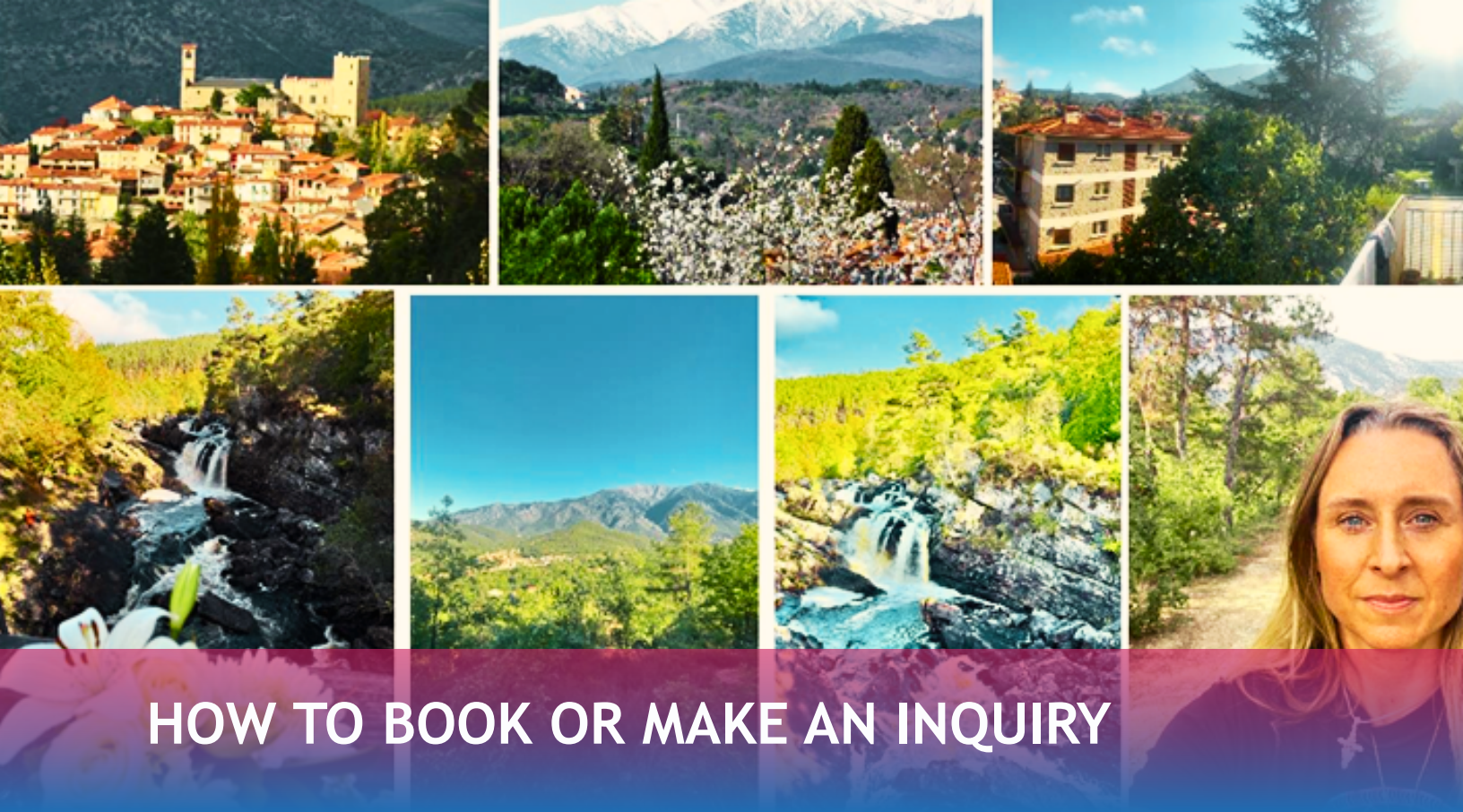
Prices are quoted in £ and € but I accept \$CAD, \$USD & \$AUS Payment via card (secure site), PayPal (on request), Bank Transfer & Bitcoin

- ☐ Dr Sara - Special price for retreat attendees

- ☐ Dr Ralf

- ☐ Nancy Wong

Consultations may be arranged on-site or pre-booked.
Fees are not included in the retreat price.



HOW TO BOOK OR MAKE AN INQUIRY

To inquire or book your place, [please book a Zoom call](#) so I can answer questions and confirm the retreat is a good fit for you. There will be a few questions for you to answer on the call booking page. CLICKING ON THE LINK BELOW WILL OPEN MY CALENDAR.



[Click Here to Book A Zoom Call](#)



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Disclaimer: This retreat is for educational and experiential purposes only. It is not intended to diagnose, treat, cure, or prevent any medical or psychological condition. Participation is voluntary, and attendees are responsible for their own health decisions and well-being. Please consult a qualified healthcare professional before making significant changes to diet, lifestyle, or physical activity.

For the protection and privacy of all attendees, participants agree not to record, reproduce, or distribute retreat content, teachings, or materials without prior written permission.