

QUANTUM CHINESE MEDICINE RETREAT

The Five Elements Experience

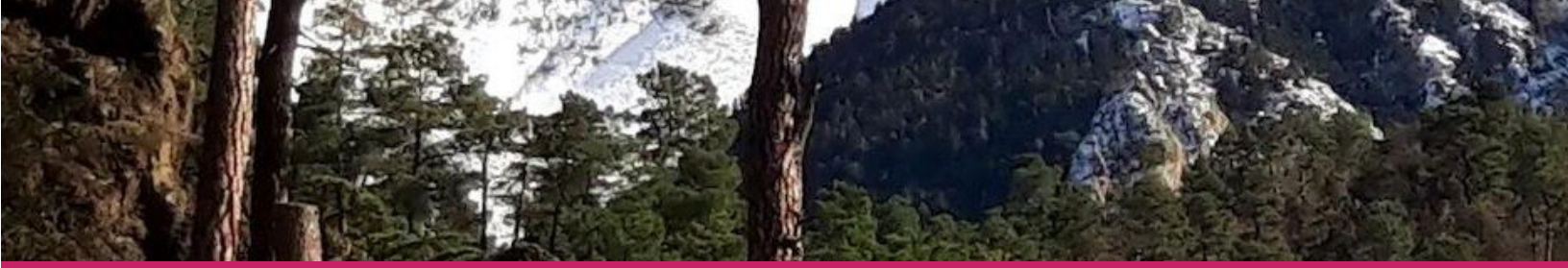
VERNET-LES-BAINS, FRANCE 2026

Arrival: Saturday, Oct 3rd

Core Retreat: Sunday Oct 4th – Friday Oct 9th

Departure: Saturday, Oct 10th

An immersive experience in Quantum Biology, Internal Daoist Medicine, Traditional Chinese Medicine, movement, cookery, energy and nature.



RETREAT OVERVIEW

Join **Dr Sara Pugh, Nancy Wong and Eddie Aidoo** for **six immersive days** exploring the relationship between **Quantum Biology, Traditional Chinese Medicine,** Internal Daoist Medicine, movement, seasonal food, consciousness and nature.

You will learn through teaching, movement, cooking, observation and direct experience—using the mountains, forests, food, water and natural rhythms of Vernet-les-Bains as a living classroom.

This retreat explores:

The microcosm: the individual human being
The macrocosm: the surrounding environment
The connection between them: how we continually influence and respond to the world around us

Test, don't guess. Observe, experience and remain curious.
We combine **ancient wisdom, modern science and direct experience** to align the foundations of health—light, water, charge, magnetism food, movement, mindset and environment—supporting the body's natural capacity to heal, adapt and perform.
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Six Days to Move, Learn, Experience and Reconnect With Your Body, Nature And Like Minded People

- Discover how the Five Elements relate to your body, food and environment
- Experience Internal Daoist movement with daily sunrise and afternoon training led by Eddie
- Support your circulation, breathing, balance, mobility, coordination and mental wellbeing
- Learn practices designed to stimulate the body's natural capacity for self-regulation and healing
- Learn how to choose and cook seasonal food for your individual constitution through a TCM lens with Nancy
- Explore light, water, breath, magnetism, Qi and consciousness
- Leave with practical movements, recipes and a personalised Action Plan for home



THE RHYTHM OF THE RETREAT

Arrival — Saturday 3rd October

- Pre-retreat Group Zoom ‘Meet & Greet’ & WhatsApp Group for Questions & Communication
- Time to settle in and explore Vernet-les-Bains
- Welcome meal coordinated by Nancy
- Introduction to the retreat, teachers and guiding principles



The **6 day plan is in the brochure** but is subject to minor changes depending on the weather.

WHAT MAKES THIS RETREAT DIFFERENT

Three Teachers, Three Complementary Perspectives
This retreat brings together **modern science, ancient Chinese medicine and direct physical experience**. Each teacher contributes a different perspective, creating an experience that connects knowledge with practical application.

Dr Sara Pugh — Quantum Biology and Biophysics
Sara will explore how **light, water, magnetism, charge, mitochondria, movement, environment and consciousness** influence human biology. Complex scientific ideas will be translated into practical principles that can be applied to everyday life.
Nancy Wong — Traditional Chinese Medicine and Food

Nancy will teach the **Chinese Five Elements, organ meridians, individual constitution and seasonal cooking through a TCM lens**. She will show how ingredients and cooking methods can be selected to support each person's individual needs.

Eddie Adioo — Internal Daoist Movement 40 yrs experience
Eddie will lead daily sunrise and afternoon movement training based on the work of **Professor Y.K. Leung**. Through Tai Ji Quan, Tai Ji Wu and Tai Ji Gong, participants will explore how movement, speed, breath and intention can support circulation, coordination, balance, mobility and mental wellbeing.
Respecting Different Traditions

The Chinese Five Elements—**Wood, Fire, Earth, Metal and Water**—will be taught as a complete traditional system.

Western elemental themes such as **Fire, Water, Air, Earth and Aether** will provide a simple structure for exploring Quantum Biology and the natural environment.
These systems may illuminate one another, but they are not identical. We will respect their different origins while exploring the connections between ancient knowledge, modern science and direct experience.





A TYPICAL RETREAT DAY

Sunrise

One hour of guided Internal Daoist movement with Eddie Each Morning

Explore Tai Ji Quan, Tai Ji Wu and Tai Ji Gong through movement, breath, balance, posture and internal awareness.

Morning

- Breakfast
- Main teaching session from approximately 9:30 am
- Practical demonstrations and discussion
- TCM cooking with Nancy

Midday and Early Afternoon

- Lunch is the main and largest meal according to TCM
- Time to rest, ask questions or allow lunch to settle
- Nature experience, excursion, practical experience afternoon training session

Before Dinner

One hour of guided movement with Eddie

Apply the day's principles through movement, breath, coordination and the practice of "The Pairs."

Evening

- Cooking with Nancy
- Light Dinner
- Free time and informal conversation
- Chance to use the Axiom medical hydrogen machine for hydrogen inhalation or making hydrogen water
- Occasional optional sunset or starlight practice



The schedule will remain flexible according to the weather, transport and the needs of the group.

Nothing is compulsory. This is your retreat.

Meet Your Teachers

EDDIE AIDOO

Internal Daoist Movement and Martial Arts Teacher



Eddie Adioo is a highly experienced movement teacher who has trained with **Professor Dr. Y.K. Leung PhD for approximately 40 years**.

He brings a deep practical understanding of Professor Leung's movement, martial arts and Internal Daoist Medicine methodologies. Eddie's hobbies are motorbikes, photography and Jazz



NANCY WONG

Nancy Wong is a licensed **acupuncturist and Tuina therapist, Chinese herbalist and qigong instructor** with a particular interest in cookery and Chinese herbs.

She began training with **Professor Dr. Y.K. Leung PhD in 2018**

Nancy is fluent in **Dutch, English and Chinese**. During the retreat, she will teach TCM principles and coordinate the preparation of seasonal meals using locally sourced French ingredients.

DR SARA PUGH

Scientist, Quantum Biology Practitioner and Movement Teacher



Dr Sara Pugh has a **BSc in Biochemistry and Genetics** and a **PhD in Molecular Mechanisms**

Sara is a **Board-Certified Quantum Biology Practitioner** and has worked with clients since 2010. She has **13 years of experience teaching movement**, including Pilates, functional movement, and functional neurology

Her wider experience includes hypnosis, Psychomancy, altered states and consciousness. Sara has been a **student of Professor Y.K. Leung for approximately one year**

Her strength is making complex ideas understandable, practical and relevant to everyday life.

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. There are laws in place on light pollution at night and I was blown away by the stars at night in a clear sky.

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 clean, 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, and Barcelona.

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.

THE SIX-DAY JOURNEY

Day 1 SUNDAY 4TH OCTOBER

FIRE AND LIGHT

Teaching and Experiences

- Fire, the heart, small Intestine and circulation
- Light spectrum, circadian rhythms, hormones and biological timing
- Mitochondria and artificial lights
- Seasonal cooking through a TCM lens
- Sunrise and afternoon Internal Daoist movement

Nature Experience

Walk viewing peak or mountain outdoor teaching on light

Movement practice in nature under a forst canopy





Day 2 MONDAY 5TH OCTOBER

WATER

Explore water through the perspectives of Chinese Medicine, Quantum Biology and direct experience.

Teaching and Experiences

- The Water Element and kidney, bladder
- Living water, hydration and preventing stagnation
- Fourth-phase or EZ water, collagen, fascia and structured 'living' water
- Sunrise and afternoon Internal movement class with Eddie

Water Exploration

We will experience and compare a selection of waters, potentially including:

- Local spring, river and tap water
- Deuterium-depleted water
- Hydrogen-rich water from Axiom Medical Hydrogen Machine
- Double Helix Water
- Elixir Water



Nature Experience

Depending on weather and transport, we may visit local thermal baths, St Thomas baths, natural hot pools, a river or one of the nearby waterfalls.

Day 3 TUESDAY 6TH OCTOBER

WOOD, FOOD AND NATURE

This day explores growth, nourishment and our physical connection with the Earth.

Teaching and Experiences

- Wood, the Liver and movement
- Seasonal eating through a TCM lens
- Grounding, Schumann Resonances and magnetism
- Natural and non-native electromagnetic fields
- How food and location influence the body
- Sunrise and afternoon Internal Daoist movement

Prades Market

We will visit the local market in Prades to explore seasonal French produce, herbs and locally sourced food. Ingredients chosen at the market will be used during the day's cooking session.





Day 4 WEDNESDAY 7TH OCTOBER

METAL, AIR AND BREATH

The Metal Element is associated with the Lungs and skin. This day connects traditional ideas about Qi and breath with oxygen delivery, mitochondria and movement.

Teaching and Experiences

- Metal, the Lung meridian and skin
- Breath, Qi and internal flow
- Oxygen, minerals and mitochondria
- Understanding and reducing hypoxia
- Coordinating breathing with movement
- TCM cooking using seasonal market ingredients
- Sunrise and afternoon Internal Daoist movement



Nature Experience

Walk to St Martins Abbey and
take a nature walk back

Day 5 THURSDAY 8TH OCTOBER

AETHER & EARTH – AS ABOVE SO BELOW – HEAVENLY Qi AND EARTHLY Qi

Aether is used as a Western organising theme and is not presented as a direct equivalent of a Chinese Element. Today is Earth which is the spleen



Teaching and Experiences

- The three laws of Yin and Yang
- Rhythm, cycles and the study of change
- Qi, vitality and coherence
- Waves, particles and fields
- The Dantians and the body's natural medicines
- The Spleen and nourishment
- Brain waves and neurotransmitters
- Flow, bliss and altered states
- Spontaneous reaction description and benefits
- Afternoon Internal Daoist movement and meditative session

Sacred-Site Experience

We will visit a sacred site with a high energy crypt

Day 6 FRIDAY 9TH OCTOBER

INTEGRATION & ACTION PLAN

The final day brings the different parts of the retreat together and helps you turn your experience into a practical plan.

Teaching and Experiences

- Review of the content of the week
- Questions and individual guidance
- Personalised food, movement and Quantum Health planning
- Selecting exercises and deciding how often to practice
- Applying the principles in your own home and location
- Chance to go shopping, out in nature or relax
- Small group discussions and sessions
- Re-scanning with the Biowell
- Farewell meal

Departure — Saturday 10th October

Check-out by 10:00 am, followed by a post-retreat Zoom at a later date.

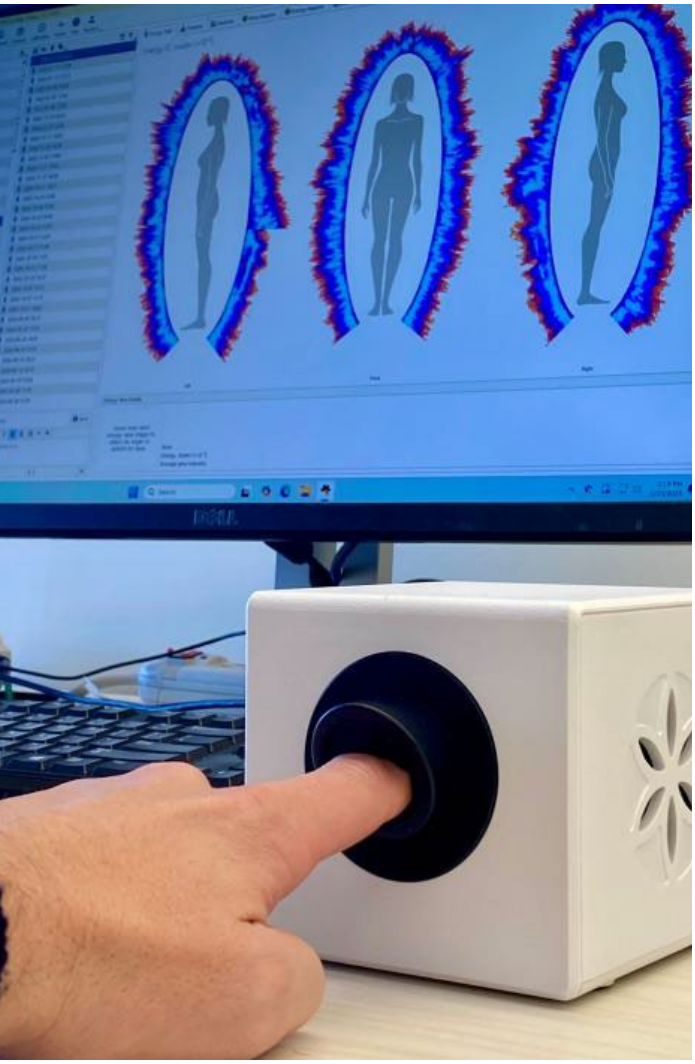
TEST, DON'T GUESS

Exploring the Microcosm and Macrocosm

This retreat is not only about learning theories. It is an opportunity to observe, measure, and compare

Using the Bio-Well, Sputnik sensor and water probe, participants will explore the relationship between:

- The microcosm: the energetic state of the individual
- The macrocosm: the energetic qualities of the surrounding environment



Bio-Well developed in 1995

The Bio-Well uses Gas Discharge Visualization (GDV) to capture images of the stimulated gas discharge around the fingertips Its software processes these images to provide visual and numerical parameters that report on physical, mental and energetic status and can be compared over time. The developer, Prof Konstantin Korotkov, incorporates TCM and 5 elements theory into his devices and software.

Participants may have opportunities to compare their readings:

- On the first day and the last day
- Before and after Internal Daoist movement

Sputnik Sensor

The Sputnik sensor is used with the Bio-Well system to monitor changes in the surrounding environment.

We will explore how readings may differ:

- Indoors and outdoors
- At different natural and sacred site locations
- Effects of our movement practice and mood

Water Probe

The water probe allows us to explore and compare responses produced by different water samples.

During the Water Day, samples may include:

- Local mountain spring water
- Deuterium-depleted water
- Hydrogen-rich water
- Elixir Water
- Other water samples brought to the retreat

Observe, Compare and Remain Curious





WHAT YOU WILL LEAVE WITH

The aim of the retreat is to help you transform information into practical experience.

You will leave with:

- A clearer understanding of the Chinese Five Elements
- Direct experience of Internal Daoist movement
- Movements and sequences to practise at home
- Practical TCM cooking principles
- A better understanding of your individual constitution
- Seasonal recipes and food ideas
- New ways to work with light, water, breath and nature
- Experience comparing personal and environmental measurements
- A deeper appreciation of the relationship between ancient knowledge and modern science
- A personalised food, movement and Quantum Health Action Plan



WHO IS IT FOR?

The retreat is suitable for:

- Complete beginners
- All ages
- Those with experience in Tai Ji and TCM
- Health enthusiasts and biohackers
- Scientists and researchers
- Healthcare practitioners
- Movement and bodywork professionals
- Interested members of the public

No previous experience of Quantum Biology, Traditional Chinese Medicine, martial arts or Internal Daoist Medicine is required.

The movement practices can be adapted to different levels of experience and ability. Nothing is compulsory, and there will be time for questions, rest and personal exploration.

RETREAT INVESTMENT & BOOKING

For Discounts & Offers See How To Book Page

Retreat/Course Free £795 GBP / 929 EUR

Includes:

- 6 -day Core Retreat Educational Programme.
- Three Meals A Day Prepared By Nancy & The Group
- Experiential Learning Sessions, Lectures and Excursions
- Try The Biowell, Axiom Medical Hydrogen Machine & Cerathrive
- Help with 'Home Action Plan' to Implement When You Go Home

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**
- Two local campsites
- Camper-van area
- Local B&Bs, apartments and guesthouses
- Range £50-£110 (GBP) per night, €58-€130+ (euro) per night. A few budget lodgings can be found for

The retreat takes place **off-peak**, offering lower rates, more availability and it is less crowded



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
- Laundry on 1st floor
- Large garden and outdoor dining space.
- Swimming pool
- Toilets on each floor
- Table tennis, Wifi, parking, walking distance to shops and spring water

See More Venue Details Online

ROOM OPTIONS BOOKED THROUGH DR SARA WHEN YOU REGISTER

Ensuite Rooms

- Family Room (1 room) £82 GBP / €96 Euro per night

1 double bed + 2 single beds

Most spacious and premium option

- Double Rooms – Ensuite (8 rooms) £50–65 GBP / €55–75 Euro per room per night

Cheaper rate for single occupants, double bed with private bathroom

- Twin Rooms – Ensuite £50–65 GBP / €55–75 Euro per room per night

Two single beds with a private bathroom, cheaper for single occupancy

Shared Bathroom Rooms – Non Ensuite

- Single Rooms (4 rooms) £39 GBP / €45 Euro per night

Single bed

Shared WC and shower on the same floor

Most affordable option

- Twin Rooms (2 rooms) £45–55 GBP / €50–65 Euro per room per night

2 single beds

Shared WC and shower on the same floor

- Towels, all bedding, linen & blankets provided
- Frame to set up TRX or rings for garden work out
- Tents / Glamping In Garden – On request
- No smoking inside the venue

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

WHAT PEOPLE ARE SAYING

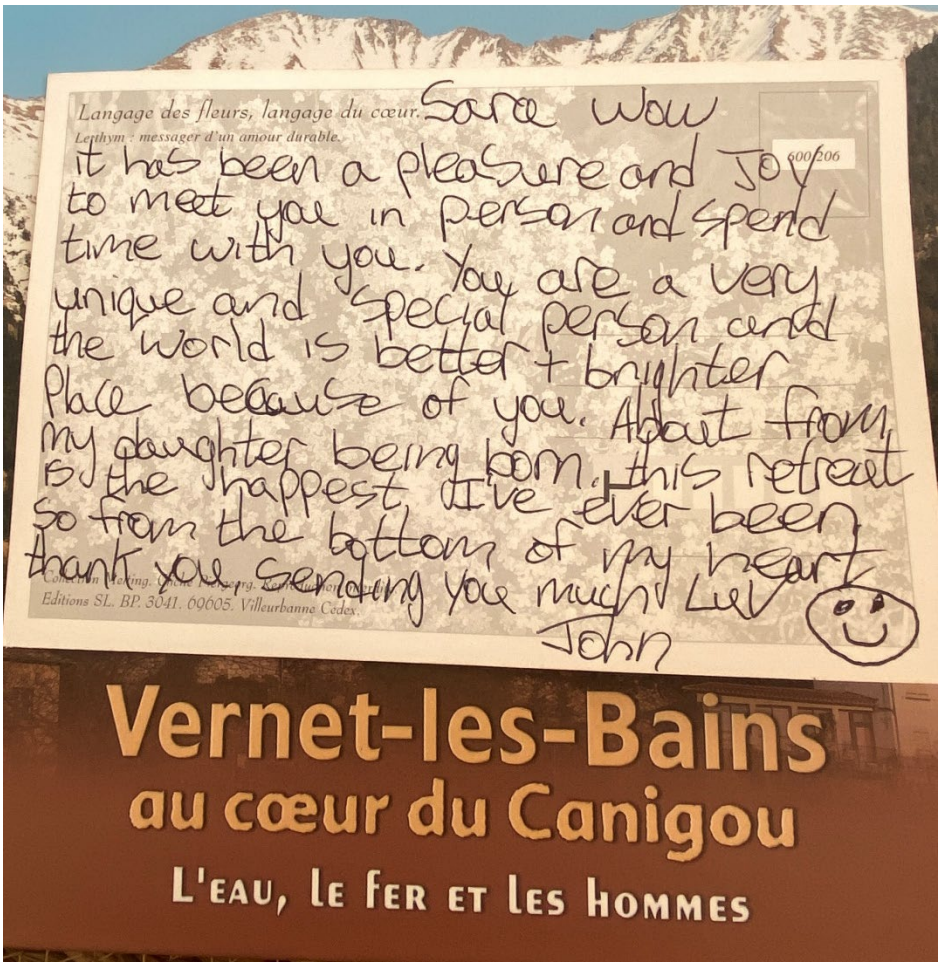
"I just wanted to express both Paul and my gratitude for the health retreat. Paul was a willing but somewhat hesitant participant when I asked him if he would want to join me. What was most surprising to him was that he enjoyed it so very much.

He has used many of the stretches almost daily and was very interested in how some of the practices he has seen me do actually make sense from a scientific perspective. He usually is skeptical regarding my health-related journeys,

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Having been a long follower of the biochemistry and food's effect on mitochondria The correlations and connections that you make from the science to the "quantum" side make the unseen seen and help to add value and understanding to why other criteria outside of the food we ingest is important.

It was also so nice to find like minded individuals that just want to be left alone by the powers that be to enjoy life using those modalities that they find helpful without being told what to do" ***- Karen Hogan, Ph.D, Saint Joseph's University PA***





HOW TO BOOK OR MAKE AN INQUIRY

Discount and offers for my group members, returning guests, cooks, helpers founding Substack members & early birds

Prices are quoted in £ and € but I accept $CAD, $USD & $AUS

Payment via Bank Transfer, card (secure site - Stripe), PayPal, & Bitcoin

To enquire or reserve your place, please book a Zoom call so we 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

Book a zoom call here

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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, travel insurance 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.