



# Quantum Biology, Biofield Science & Consciousness Retreat

Vernet-les-Bains, French Pyrenees 2026

**Arrival:** Saturday 29th August (Rooms from 3:00pm)

**Core Retreat:** Sunday 30th August – Friday 4th September

**Departure:** Saturday 5th September (Check-out by 10:00am)

*"Nothing is compulsory to attend other than enjoying the journey and connecting with your own rhythm."*



## RETREAT OVERVIEW

### **An Immersive Exploration of Nature, Coherence & Consciousness**

**Hosts:** Dr. Sara Pugh & Tino Barber (*Fluent in English, Spanish and German*)

Join us in the French Pyrenees for an immersive exploration of Quantum Biology, Biofield Science, Plasma, Aether, Consciousness, Breathwork, Light, Water, Magnetism, the Electric Universe, Five Elements Theory and Polarity Therapy.

Blending modern science, ancient wisdom and direct experience, this retreat is designed to restore the foundational conditions that allow the body and mind to function optimally. Moving from a purely biochemical view to a bio-electromagnetic one, **Quantum Biology** examines how our cells interact with fundamental forces, while **Biofield Science** explores the invisible energy matrices that govern our health and **Consciousness**.

Throughout the week, we will integrate **Sara's practical teachings on cellular physics** with the unique energetic insights provided by **Tino's advanced biofield technologies and polarity principles**. True health is about how well your system gathers, stores, and distributes energy (charge or Qi). In this retreat, our stunning natural setting acts as a living laboratory, directly providing the vital resources needed to reset our biology: pristine mountain water, solar light, living food, and coherent terrestrial magnetic lines.

Suitable for all levels, including non-academics and citizen scientists, our guiding metric is curiosity and direct experience: *"Test, don't assume."* Being with like-minded people in a high-energy location in Nature is an essential part of human self-development. You will leave with deep mind shifts, expanded perception, and practical tools to easily apply in your daily lifestyle or professional healthcare practice.

*Note: Most teaching sessions will take place outdoors to maximize our interaction with the environment, unless weather conditions or slide presentations require us to move indoors.*



The 6 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 and the imposing Mount Canigó—the sacred mountain of the historic Cathar Country—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. **This unique landscape sits on a major alignment, acting as a convergence node for energetic vortices running between the Magdala Tower in Girona and Rennes-le-Château. The entire region is dotted with ancient sacred temples built on these highly significant energetic points, such as the nearby toroidal crypt of Saint Michel de Cuixà.** 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.

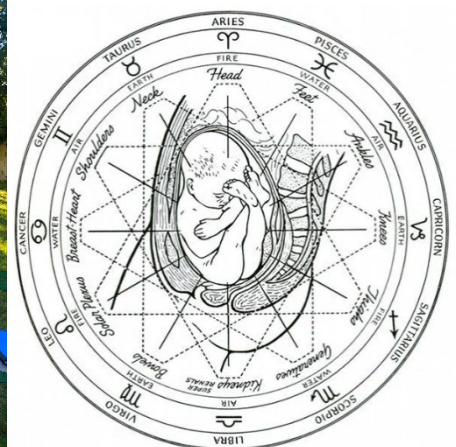
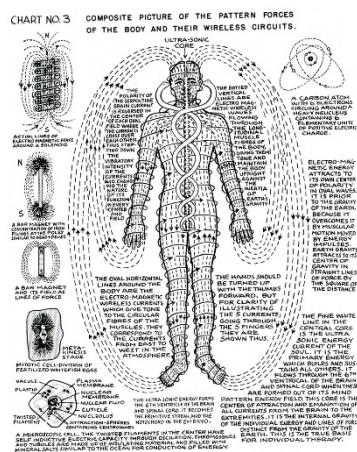
Vernet-les-Bains is easily reached via Perpignan Airport (PGF), the nearest airport, with additional options via Girona, Carcassonne, Béziers, Montpellier, and Barcelona.

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.



## WHAT YOU'LL LEARN & EXPERIENCE

- **Plasma Physics & Wave Mechanics:** Understanding the nature of the universe and fractal principles in simple, practical terms.
- **Biofield Science & Energy Medicine:** Advanced assessments including aura imaging, cold plasma, and Bio-Well technology.
- **Consciousness & Coherence:** Practices to shift perception, access flow states, and experience remote sensing.
- **Breathwork & Altered States:** Using respiratory mechanics to prevent hypoxia and release deep somatic blockages.
- **Polarity Therapy in Practice:** Hands-on clinical rotations mapping the Three Poles, Five Elements, and Three Gunas.

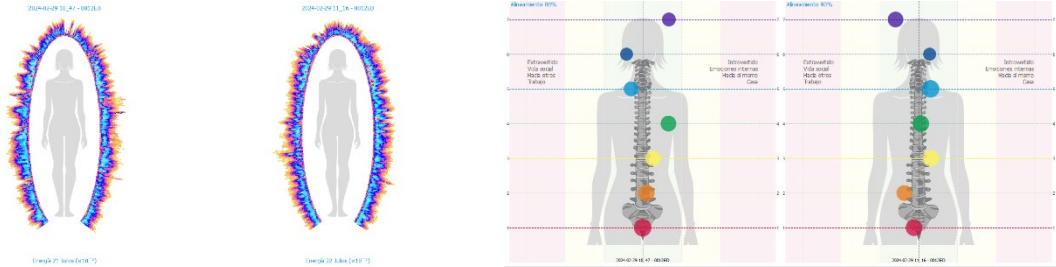


- **Circadian Health & Photobiology:** Optimizing your environment against non-native EMFs and blue light while mastering solar metrics.

## HIGHLIGHTS & EXCURSIONS

Our teaching sessions seamlessly blend into the stunning local landscape of Vernet-les-Bains. Depending on weather conditions, our outdoor immersions will include:

- **Quantaphi Plasma** sessions and biofield diagnostics.



- **Agnihotra** sunrise and sunset fire ceremonies.
- Guided nature hikes through sacred mountain paths and waterfall trails.
- Outdoor cold plunges and visits to natural hot springs.
- Natural spring water collection directly from the mountain sources.
- Exploration of the vibrant, organic local market in Prades and seasonal cuisine.



## MEET YOUR HOSTS

This retreat is guided by two practitioners bridging cutting-edge biophysics, biofield science, engineering, and ancient energetic traditions to make complex cosmic and biological laws deeply practical.

### DR. SARA PUGH. Biophysicist & Quantum Biologist



Hold a degree in Genetics/Biochemistry and a PhD in Biophysics and Molecular Mechanisms. Since 2010, Sara has helped clients transition from purely chemical biology to a bio-electromagnetic framework—treating the body as a dynamic electronic circuit shaped by light, water, magnetism, plasma, and aether.

Her broad expertise spans functional neurology, circadian medicine, functional movement, hypnosis, and quantum biology. Since 2018, she shares this cutting-edge science online with infectious enthusiasm, clarity, and a non-judgmental approach.

*"When we align our modern lives with nature's fundamental forces and rhythms, we unlock an entirely new level of health and human performance."*

### TINO BARBER. Engineer & Polarity Practitioner



Originally trained as a Telecommunications Engineer with an Executive MBA, Tino led corporate R&D innovation before turning his focus to bioelectromagnetics, plasma physics, and systems theory. He is the founder of *Pulsión*, an experimental learning centre dedicated to personal development.

In his practice, Tino bridges scientific inquiry and ancient wisdom using biofield technologies (Bio-Well imaging, Quantaphi plasma) and Polarity Therapy to help participants map structure, emotion, consciousness, and the five elements through movement and touch.

*"We are tiny cells of a greater body. Our only task is to excel at our unique role, trusting that our alignment is deeply woven into a unified consciousness."*

### Language & Community

The main language of the retreat is **English**, but we are a warm, supportive international community! Don't worry if your English isn't perfect; the atmosphere is completely relaxed. Tino is a native **Spanish** speaker and is fully fluent in **German**, and will be right there to help you with any punctual clarifications or doubts whenever you need it.

## THE RHYTHM OF THE WEEK (DAILY ITINERARY)

### Daily Sunrise Routine

Every morning, guided movement, etheric hygiene (led by Sara) or polarity with Tino or follow your own routine 30-45 min

Breakfast

## DAY 1 — Sunday 30th August

### *Aether / Spirit*

- **The Field Perspective, Plasma & Polarity Science**
- **Morning Session:** Introduction to Plasma, Aetheric physics, and wave mechanics. We explore vortex dynamics, toroidal fields, and how coherent thoughts interact with the field.
- **Experiential Lab:** Field perception and group sensing practices.
- **Afternoon Session:** Polarity Therapy Architecture (led by Tino). Learn how the body functions as an active bioelectric circuit. We map the energetic currents to understand how stagnation leads to physical discomfort.
- **The Aether / Plasma Part 2 & Phase-Conjugating Devices:** Advanced physics covering non-local resonance, sound interferometry, and the negentropic fields that drive attraction. We dive into phase-conjugated mechanisms to explain exactly how technologies like the **Quantaphi** restore order in the biofield.



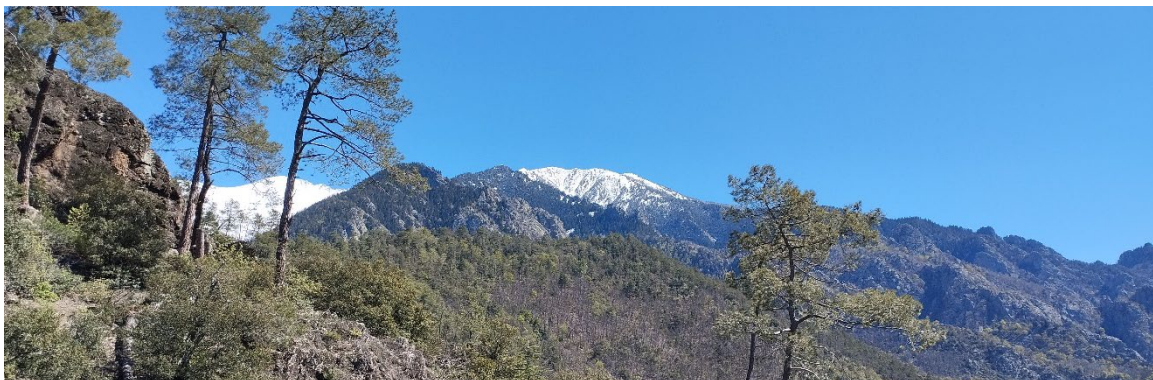
- **Experience:** Excursion to ancient sacred architecture built on high-resonance geological nodes (8€ entry fee): We will visit the **toroidal crypt at the Abbey of Saint-Michel-de-Cuixà** or the historic **Abbey of Saint-Martin-du-Canigó** to physically feel and test how these structures interact with our biofield. (subject to cars available)

## DAY 2 — Monday 31st August

### *Light, Fire Element*



- **Photobiology, Magnetism & The Fire Element**
- **Sunrise & Sunset:** Traditional ancestral fire practice (Agnihotra) to align environmental and biological charge. At sunrise, a flood of subtle energies flows towards the Agnihotra copper pyramid. The pyramid acts as a generator. At sunset, the energies are released. When this energy flow lands at sunrise, it triggers powerful energetic effects on all levels.
- **Morning Session:** Circadian Medicine & Light Metrics. A deep dive into the solar spectrum (UVA/UVB) and Vitamin D synthesis. We examine the disruptive effects of artificial blue light and non-native EMFs.
- **Field Practice:** Tracking solar angles for safe sun exposure. Practical polarity therapy sequences designed to balance internal heat, release stored tension, and manage systemic inflammation.
- **Showcase:** Demonstration of circadian home lighting, red light panels, and environmental optimization.
- **Excursion / Experience** Scenic mountain ridge walk. Practical teaching of UV light, vitamin D and measurements



## DAY 3 — Tuesday 1st September

**Earth Element – Wood and Metal in Chinese – growth, grounding, minerals, plants, food**

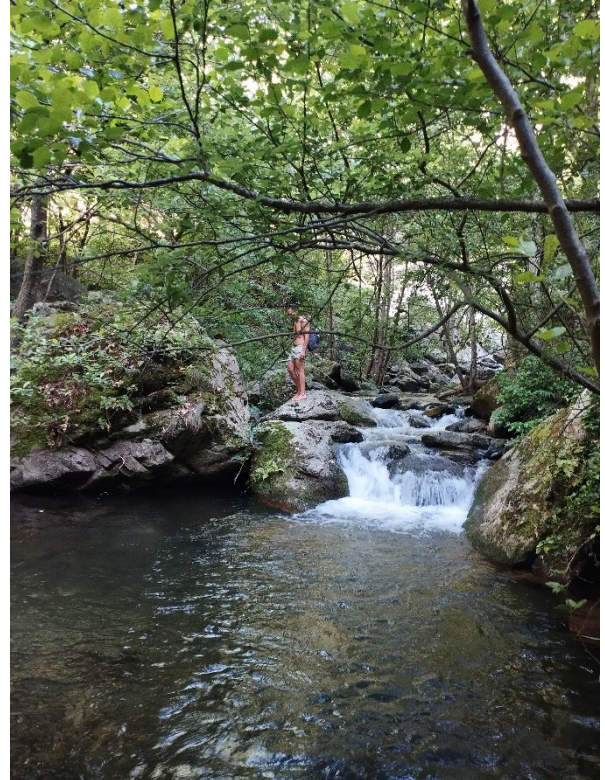
- **Morning Excursion:** Group trip to the beautiful Prades Market to explore seasonal vitality, local organic produce, and clean sourcing.
- **Morning Lecture:** Quantum Nutrition & The Bio-Physics of Adipose Tissue. Moving away from calorie tracking. We reframe how the body gathers energy via environmental Qi, living water, and a nervous system state of safety (HRV).
- **Afternoon Integration:** A rustic outdoor picnic followed by a nature trek to a local waterfall canyon or historical mountain paths.



## DAY 4 — Wednesday 2nd September

### *Water — The Living Medium & Consciousness antenna*

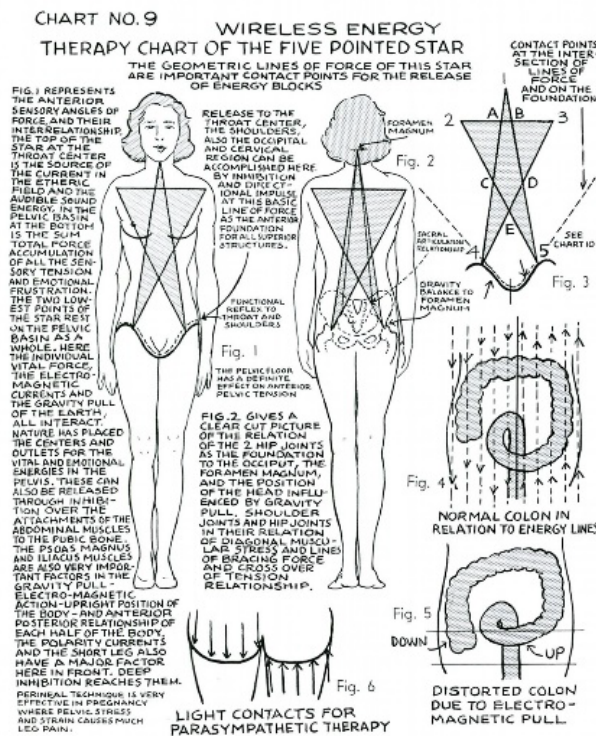
- **Morning Session:** Biophysical properties of structured water and the 4th Phase (EZ water). Discover how water acts as a fluid fractal antenna inside our bodies, storing environmental memory.
- **Applied Laboratory:** Analyzing localized water samples (spring vs. tap) using crystallographic frameworks to visually understand how intention and environment shape water profiles.
- **Afternoon Fieldwork:** Exploring vortex dynamics at the river. Invigorating outdoor cold plunges to stimulate neurochemical resets. Optional mountain drive to natural hot springs for therapeutic hydrotherapy, or visit to St Thomas natural **hot water baths** (8 to 17€ entry fee depending on selected options). Approximately 40 minutes by scenic drive (depends on available cars) or visit to local baths. Other water based excursion (weather dependent).



## DAY 5 — Thursday 3rd September

### *Air & Aether element – wind, movement, breath*

- **Morning Session:** The Geometric Blueprint of the Body. Understanding our anatomy as an organized matrix emerging from electromagnetic charge fields. How emotional tension creates physical "armour" in the myofascial network.
- **Clinical Rotations (2 Hours):**
  - *Group A - Polarity Integration (with Tino):* Hands-on practice targeting pelvic-neck alignments.
  - *Group B - Nervous System Regulation (with Sara):* Autonomic balancing and somatic movement.
- **Afternoon Session:** Complex Systems & Collective Resonance. Open academic discussion about the Electric Universe, expanded perception, and integration of peak experiences.
- **Night Excursion:** Mountain ascent to Pic de l'Alzina for pristine stargazing, sunset/night ceremony, and sky observation.



## DAY 6 — Friday 4th September

### Quantaphi Plasma, Integration & Synthesis

- **Morning:** Final Bio-Well diagnostic check-ins and aura imaging to map your energetic evolution throughout the week.
- **Private Rotations:** Quantaphi plasma sessions, individual somatic integration with Sara, or advanced polarity balancing with Tino.
- **Therapeutics & Action Plans:** Practical workshop to build your personalized "Home Action Plan" so you can carry your breakthroughs seamlessly into daily life.
- **Evening:** Farewell Celebration Meal (provided) with an optional local craft beer tasting hosted by Martin.



## DEPARTURE DAY — Saturday 5th September

- **Morning:** Final check-out by 10:00am and transition home.

### WHAT YOU'LL LEAVE WITH

- Practical tools for improving health, vitality, and resilience.
- Greater understanding of consciousness, coherence, and perception.
- Direct experience with advanced biofield and energy-based practices.
- New perspectives on the relationship between modern science and spirituality.
- A deeper connection with nature and self.
- Increased awareness of how energy, environment, and perception influence wellbeing.

## KIND WORDS FROM PAST PARTICIPANTS

*"I really enjoyed my time at the retreat. You are a lovely woman, full to the brim with enthusiasm, love and kindness. Your thirst for knowledge and eagerness to share are infectious. You led a retreat which was non-judgmental and informative. You gave everyone the respect that their life experiences demanded and your gentle guidance through complicated topics is a lesson in clarity and focus. Thank you Sara."*

— **Nohad AL-Turki**, London

*"After months of dragging persistent neck and back pain, the discomfort completely vanished right after my Polarity session with Tino. Not only did my body stop aching, but my daily energy also skyrocketed—I no longer needed to crash at 9:00 PM and felt vibrant late into the evening. I even experienced a sudden, unexpected breakthrough in my swimming breath-holding capacity! Tino's care, presence, and deep respect for the body make this therapy an incredible discovery. It has planted a true seed of healing and alignment in my life."*

— **Carol C.**, Valencia

## INVESTMENT & BOOKING

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**Retreat/Course £595 GBP / 699 Euro.**

*(Accommodation not included. Payable also in **EUR & USD**)*

### **What is included:**

- Complete 6-day educational, lecture, and practical framework.
- All specified group meals (Welcome dinner, Day 3 Picnic, Farewell banquet).
- Quantaphi Plasma sessions, guided excursions, and diagnostic biofield testing.

**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**
- 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:
  - Camper-van area
  - Two local campsites

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



## RETREAT HOUSE ACCOMMODATION – WITH HOST MARTIN ARMSTRONG

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.

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



## ROOM OPTIONS BOOKED THROUGH DR SARA WHEN YOU REGISTER

### Ensuite Rooms

Family Room (1room) £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**

## HOW TO BOOK OR MAKE AN INQUIRY

To ensure this experience is the absolute perfect fit for your health and personal development goals, we host a brief, friendly introductory Zoom call with all incoming participants.

- **Email us directly:** [sara@busysuperhuman.com](mailto:sara@busysuperhuman.com) or [tino@pulsionlab.com](mailto:tino@pulsionlab.com)
- **Call/WhatsApp:** +44 7765662579 +34 607.509.264
- **Book a Zoom call directly via the website link.**

## DISCLAIMERS & PRIVACY

- **Educational Purpose:** This retreat is for educational and experiential purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition. Attendees assume full personal responsibility for their health choices and travel insurance.
- **Privacy Agreement:** To protect attendee privacy, all participants agree not to record, reproduce, or distribute the proprietary contents or teachings of this experience without explicit prior written authorization.