



5 ELEMENTS QUANTUM HEALTH RETREAT

VERNET-LES-BAINS, FRANCE 2026



Arrival: Saturday 5th Sept

Core Retreat: Monday 6th - Friday 11th Sept

Departure: Saturday 12th Sept

Nothing is compulsory to attend other than seeing the sunrise!



RETREAT OVERVIEW

When **charge, light, water, mindset, food, movement, and environment** are aligned correctly and in coherence 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 or Qi)**. Every thought, emotion, and movement depends on this energetic foundation. Being with like minded people in a high energy location in Nature is an important part of being human and self development. Participants have reported profound experiences and life-changing mind shifts.

Our events are **suitable for lay people, beginners, enthusiasts, scientists and any healthcare practitioners**. Suitable for all ages. Children welcome. Pets on request.

You will be given practical tools and tips that you can apply in your daily life, in any country, or with your patients and clients. There will also be plenty of opportunities to ask questions and share or have experiences. I will help you prepare and 'Action Plan' to take home.

Most teaching sessions will take place outdoors, unless weather conditions require us to move indoors or visual presentations and slides are needed.



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, 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.

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, neurotransmitters, testing, nutrition, metabolism, nature



Physics - Movement, fascia, redox biology, mechanical forces, biology through a biophysics lens



Quantum - Light, water, magnetism, electric charge and Qi



Chemistry - Nutraceuticals/plant medicine, supplements, toxins,



Nervous System - Brain function, vision, balance, regulation, coordination and performance

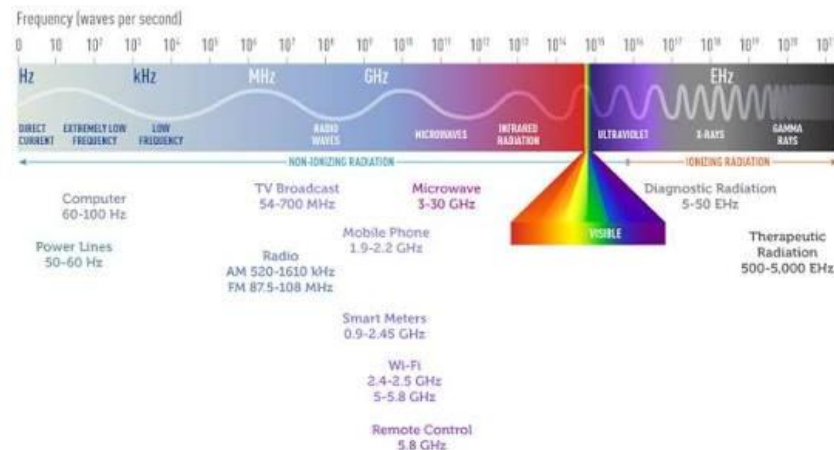


Spirituality - Consciousness, wave mechanics, coherence, spontaneous reactions, bliss states, flow states and ancient practices

My Special Guest-Olle Kitson. Non Native EMF World Expert - 'Safer Use Of Tech'

Olle Kitson is an nnEMF (non-native electromagnetic field) mitigation specialist and educator who helps individuals, electricians and organisations understand and manage the biological effects of electromagnetic exposures in modern environments. Olle specialises in identifying, measuring, and reducing unnecessary EMF exposures while optimising beneficial natural electromagnetic inputs such as sunlight and the Schumann Resonance.

Through practical assessment and evidence-based mitigation strategies, Olle aims to help people create healthier environments that support optimal health, performance, and resilience in an increasingly technology-dense world.





EXCURSIONS & LOCAL EXPERIENCES



Numerous Walking Routes In The mountains (easy to hard)



Prades Local Busy Market



Waterfall nature walk & cold plunging, Outdoor healing



Hot water springs Local thermal baths (approx. €7)



Walking tour of Vernet-les-Bains



Visit to local sacred sites and nature hike back



Local Festivals (Participants choose)

6 Day Retreat Itinerary Overview

Daily Sunrise Routine

Every morning, guided movement, etheric hygiene & preparing the mind for the day (led by Sara) 30-45 min

Breakfast

DAY 1 -

Light - Fire Element

Environmental Signals, Charge & Biological Timing

MORNING

- Light as energy and information
Yin/Yang, day-night cycles, and circadian rhythms. Light myths and truths
Light inside and outside the body
Understanding different light wavelengths and affects on biology, hormones and neurotransmitters
- Q&A, applied discussion practical
- Lunch

AFTERNOON

- Melanin, and mitochondrial function
DNA, UV light, coherence, and energy flow
Cold exposure and mitochondrial light production
Different types of medical lights
- Q&A, applied discussion & practical
- Excursion / Experience** Scenic mountain ridge walk. Practical teaching of UV light, vitamin D and measurements



Water must move and is vital for life & consciousness. How to optimise your water inside and outside your body

- Sunrise routine session (30-45 minutes) Breakfast

MORNING

- Water's unique biophysical properties
Structured water (EZ water, 4th phase)
and living water
- Mitochondria 'living water factory'
Hydrogen, deuterium, and the role of
water in biochemistry that is over
looked.
Water as a medium for energy,
information, consciousness, and fractal
antenna communication

- Sampling special waters
Q&A and applied discussion (until lunch)

- Lunch

AFTERNOON

- Water, charge separation, and energy
production
Magnetism, minerals, & environmental
influences
Practical approaches to creating
coherent living water
Water structuring devices and
technologies
Hydration strategies and free water-
structuring tools

- Q&A and practical

EXPERIENCE

- Visit to St Thomas natural hot water baths
Approximately 40 minutes by scenic drive
(depends on cars) or visit to local baths
Other water based excursion (weather
dependent)



DAY 3 -

Circadian Eating - Food Day

Quantum Nutrition, Deuterium, Circadian Ketosis & Health Tests

Sunrise movement session (30-45 minutes)

Lunch Provided And Any Help In The Kitchen Is Welcome

MORNING

Visit to Prades Organic Market

Lecture Part 1 : Food Through a Quantum Lens

Food as information, light-food interactions, mitochondrial signaling and deuterium.

Lecture Part 2: Quantum Ketosis

What is Ketosis? Principles, medical uses, food timing, fasting, sensible ketosis and metabolic flexibility. Safe ways to include raw food for optimal nutrition preservation

All food Q&A and discussion

Lunch - included

AFTERNOON

Brief introduction on how to look at food (animal and plants) through a Traditional Chinese medicine lens (6000yrs of knowledge) to tailor your food to your constitution

How To Test Your Health & Be Your Own n=1

Blood tests, hormones, stress, minerals/metals, metabolic tests, metabolic age tests - DNA methylation and telomere length and other test in my experiment testing Chinese methodology (Prof YK Leung work) with western diagnostics.

Excursion Experience. Mountain trail to waterfalls swimming possible depending on weather and glacial melt



DAY 4 -

Everything You Need To Know About nnEMF

World Expert Olle - Earth Element and Electricity

Sunrise movement session (30-45 minutes)

MORNING

- Earth's magnetic field
- Schumann resonance
- Power lines (ELF)
- RF / WiFi / mobile
- Light
- Ionising radiation

For beginners and experienced as most people find the nnEMF a tricky subject

C Practical work and Q&A (until lunch)

The aim is to be taught and SHOWN how to tackle nnEMFs in your home, work, travel and how to use tech safely.

- Mobile phones are one of the largest sources of everyday nnEMF exposure. During the event, you will learn practical settings, strategies, and simple habits to help reduce your exposure while still using your devices effectively

C Lunch



AFTERNOON

- For each type of nnEMF you will learn
Frequency - Hz
Characteristics - What it is used for?
- Biological effects - Why mitigate?
Where is the nnEMF is found found?
- Measurement - How to use the right nnEMF meter and which ones to buy. A Tri-field meter is a beginner device
- Mitigation & managing nnEMFs - Most important part 'What Can YOU Do To Lower nnEMF Exposure'
- *Every little counts and we can all implement something.*
- Myths vs reality
- **Open Q&A with hands on learning in the field and in the home**
- Experience - Abbaye Saint-Martin-du-Canigou sacred site and nature walk back

DAY5-

Consciousness, Nervous System Oxygen & Movement

Air & Aether Element - Breath, Coherence & Altered States

Sunrise session **Agnihotra** 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 his energy flow lands at sunrise, it triggers powerful energetic effects on all levels

Breakfast

MORNING

- Sara's to movement tips from 13 yrs teaching movement. Preparing the body. What I can't teach online
- Functional neurology and nervous system exercises. Ancient movements and introduction to ancient Chinese Daoist movements.
- Lunch

Nothing is compulsory, all views are respected, open mindedness is encouraged and content is kept as scientific as possible

AFTERNOON

- Lecture: Consciousness, Attention & Charge Collapse - Physics of Spirituality
- **What is spirituality to you?** Chance to share any experiences you had such as NED, quantum jumps, lucid dreams, mystical experiences etc in a safe environment with like minded people.
- Practical experiences such as hypnosis, psychomancy, spontaneous reaction, bliss. Depends on group dynamics, views and where people are in spiritual journey.
- **Experience** - Nature experience



DAY6-

5 Elements Integration, Q&A & Action Plans

A Chance To Repeat Anything You Enjoyed, Ask Questions Or Have 'Free Time'

Q&A

Clarify key concepts

Personal guidance

Implementation

Integration

“Thank you Sara for such an inspirational week, one I’ll always remember. Everyone was amazing and I’m so glad I had the chance to meet you all. Me and the kids started the day with a vitality shot after breakfast 🍌”
Sophie Apr 2026 Retreat

Making a ‘take home personal action plan’

Group Options

Small themed group sessions (*basic or deep dive*)

Experiences

Any excursions we have not done on day 1-5


Trek to natural hot pools (8-10 people)

Challenging – not suitable for all, depends on guide availability

Evening Farewell Meal (provided)

Bring your own wine

Optional local beer tasting with Martin

“Good Morning  Thank you Sara for organising such an enjoyable and inspiring experience. We all learnt something new and that can only be a good thing. It was great to be amongst so many like minded individuals” Yvonne Apr 2026 France Retreat

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 5th Of Sept



Lunch on Day 2



Lunch



Farewell Dinner - Friday 11th Of Sept

Dietary Requirements

We can accommodate:

Low Carb/Keto/ Carnivore

Vegetarian

Gluten-free

Dairy-free

Advance notice is required.



RETREAT INVESTMENT & BOOKING

For Discounts & Offers See How To Book Page

Retreat/Course £595 GBP / 699 Euro.

Includes:



6 -day Core Retreat Educational Programme.



Welcome meal, Circadian Keto Lunch Day 2, Farewell Meal



Experiential Learning Sessions, Lectures and Excursions



Access to myself and Olle for Questions and Guidance



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

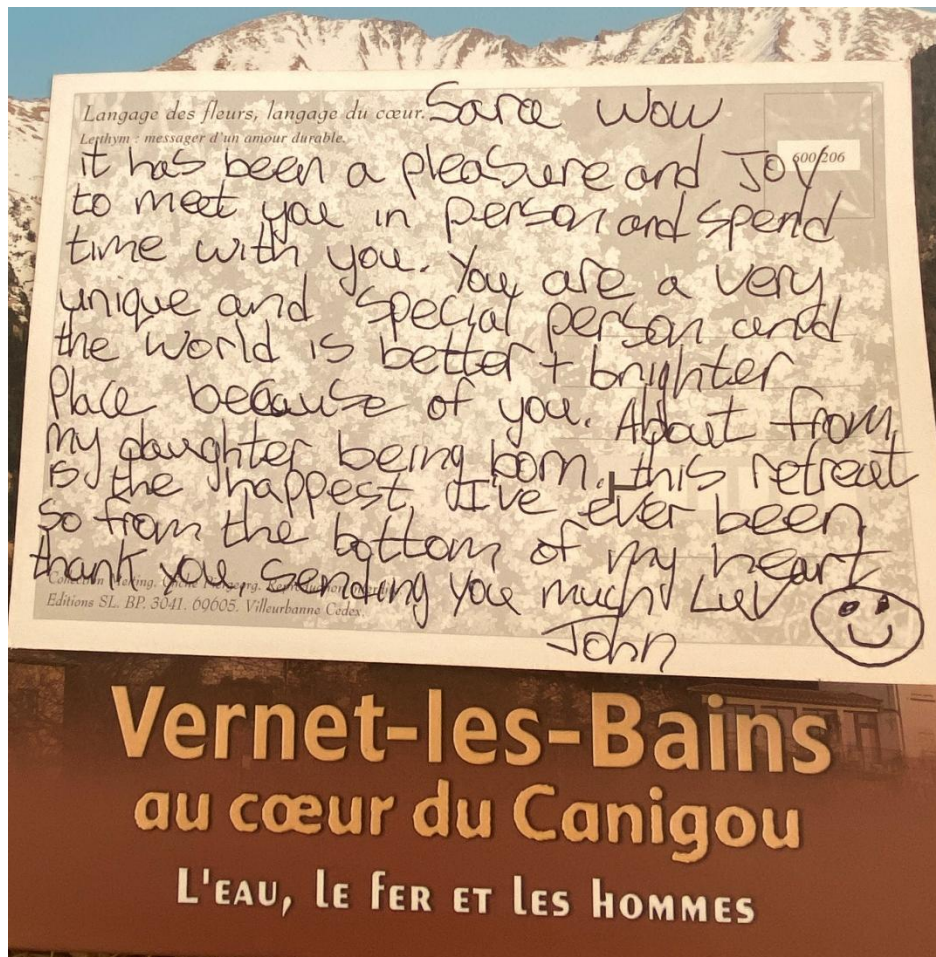
WHAT ELSE ARE PEOPLE SAYING

“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,

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.