



**BURGS X UNIO**

**THE RESET RETREAT**

**13 - 20 OCTOBER 2023**



**UNIO**

AT CALADOR

**BURGS. IN COLLABORATION WITH UNIO  
RETREAT HOTEL IBIZA.**

**THE RESET. 7 DAY DEEP IMMERSION  
MEDITATION. HEALING. DETOX. RETREAT.**

This October Burgs will be offering a unique retreat experience on the magical island of Ibiza.

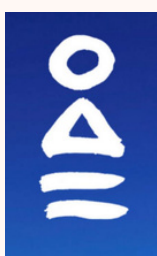
We have teamed up with the stunning new retreat hotel UNIO, to put together this very special package.

With the powerful and iconic Es Vedra as the backdrop we will be exploring multiple aspects of deep healing and transformation to reset and recalibrate the entire physical, emotional, psychic and spiritual being.

Over the course of 7 days we will seek to reorganise reset and retune our physical nervous system and subtle energetic make up, to remove the accumulation of stress, trauma, un-healthy conditioning and misinformation in the the entire system. The schedule will be mostly silent and all phones and mobile devices will be handed in at the beginning to create a conducive environment for deep and quantum healing to occur.

We will be building the retreat around Burgs unique approach to healing through meditation, movement, breath-work, visioning and dreamwork.

Burgs has been hosting powerfully transformative retreats for over 25 years but rarely does he present a format so focused on healing as this special retreat.







Over the course of seven days we will enter gradually and in stages into a deeper and deeper healing process. Through guided meditation, internal alchemy, chi kung yoga breath work and deep trance work we will work through the many layers of our energetic make up stalking the mis-information that hinders our full expression of life.

The daily schedule will be roughly as follows although it will not be as rigid and Burgs normal retreats to create space for the series of healing workshops that will be incorporated into the program. A typical day will be as follows.

6:15 Wake up bell.  
6.45 Morning meditation and chanting ( optional )  
7.30 Breakfast/ break  
8.30 Instructions/ meditation  
9.30 break  
10.00 Yoga /chi kung/ healing movement/ breath-work or internal alchemy  
11.15 break  
11.30 Healing Meditation  
12.30 Lunch/ rest / beach time/ healing sessions  
3.00 Afternoon healing workshop and meditation  
5.00 Break  
5.30 Meditation and chi kung  
18.30 Tea break  
19.30 evening discourse/ sharing or healing circle  
20.30 Closing session/ loving kindness  
21.15. Rest/ Bedtime by 22.00

The actual schedule will vary day to day, taking into account any night time practices and dreamwork we might also be doing.







## HERE IS WHAT BURGS HAD TO SAY ABOUT THIS SPECIAL RETREAT



"For the past year and a half while recovering from debilitating brain and neurological trauma I have delved deep in the world of neurological healing and re-habilitation. Having been told that I was unlikely to recover some of the brain function that was damaged from a series of seizures, I was compelled to dig deep into all the resources I had learned as a yogi and meditation teacher.

Having now been witness to my own nerve system going through the process of deep healing and repair I can see just how deeply impaired most of us are at a neurological level. As such our capacity for deep states of consciousness and awakening is severely hindered. As a spiritual teacher I have been committed for over half of my life to helping others heal and raise up their consciousness. Real healing at a root causal level is something that must be approached from multiple angles.

The tendency to hang on to our dis-functional habit patterns even after we have experienced healing is deeply entrenched in us. This is why so many people do not experience lasting healing even when treated by the most skilled therapists and healers. Genuine quantum healing must be initiated at a level that is below the threshold of most people's ordinary consciousness. Even well trained and experienced yogis often find it hard to reach deep enough into their unconscious to dig out at the root the causes of affliction and suffering. Having now experienced for myself what it is to be deeply incapacitated, I can see more clearly just how deep we need to dig to get truly lasting result.

The challenge is further impacted by the state of overwhelm that most peoples subtle energetic systems are operating in on account of our modern lifestyle. Even when deeply committed to our health and wellbeing it is often hard to create the conditions for the transformation that we are really seeking. I have put this program together to create an environment and provide the conditions and impulse towards genuine quantum reset. I simply cannot see how we can embed these new paradigms deeply enough to hold without doing it in a secluded retreat environment such as this."





Those of you who will be drawn to this special retreat will already have some experience of how Burgs works and the depth of the retreat experience he offers. This is a rare opportunity to work in a smaller group with such focus on the healing process itself.

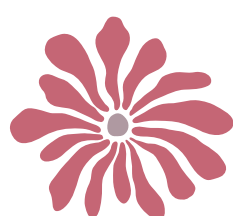
The food will be a carefully chosen with the consultation of a registered nutritional therapist and with the Unio Team to create a simple yet delicious daily menu that will complement the deep work we will be doing.

The food and drinks served will be detoxing and cleansing whilst at the same time anti-inflammatory, vegetarian and vegan with food sensitivity taken into mind.

All produce will all be organic locally sourced from the island.

We will also at times be doing intermittent fasting to add this to your program. This is to further enhance the bodies receptivity to healing.

During the retreat Burgs will be supporting you with some very precious alchemical healing medicines and tonics should if you wish to explore these also. The focus will be on creating the space for the deepest restoration and rest to allow genuine healing to take hold and be fully assimilated and integrated into you entire being.







## **RETREAT FEE DONATION**

**THE RETREAT FEE TO BE PAID TO BURCS IS A DONATION REQUEST OF €600 EUROS**

This fee excludes your room and board. All participants are required to stay on site for full immersion.

## **ACCOMODATION OPTIONS ROOM + FULL BOARD**

**Budget Single Room €1050**

**Single Room in Luxury Shared 2 Bed Apartment €1400**

**Luxury single suite - Sea View Suite €1750**

**Luxury Single Suite- Tower Room €2100**

**All prices above are for 7 nights stay and include full board ( 3 meals a day)**

Accommodation to be booked directly with the property UNIO, a link will be sent to your email after you have filled in the Google Form with your requested room type.

Cancellation policy -Non Refundable unless we are able to replace you

There are a few limited options to book a shared twin room if you wish to attend the retreat but are limited financially. Please contact us directly about this for more information.







## ACCOMODATION OPTIONS ROOM OPTIONS

### BUDGET SINGLE ROOM

This is a small basic room for someone who isn't fussed about the extra features of a room. There is no kitchen or sitting area and no views from this room type.

En suite, A/C, Mini bar Fridge



### LUX SINGLE ROOM IN SHARED APARTMENT

Your own room in a shared two bedroom,two bathroom apartment. Kitchen, sitting area, large outdoor terrace with views of the sea and Es Vedra.

A/C, fridge, espresso machine







## ACCOMODATION OPTIONS ROOM OPTIONS

### SEA VIEW SUITE

One of our most beautiful popular rooms the Sea View Suite.

Private  
A/C, Mini bar Fridge



### LUX SINGLE ROOM IN SHARED APARTMENT

Your own room in a shared two bedroom,two bathroom apartment.  
Kitchen, sitting area, large outdoor terrace with views of the sea and Es Vedra.  
A/C, fridge, espresso machine







TOWER ROOM TERRACE

## ACCOMODATION OPTIONS ROOM OPTIONS

### SEA VIEW SUITE

One of our most beautiful popular rooms the Sea View Suite. Private terrace with views of the sea and Es Vedra. Kitchen, Sitting Area, A/C, Fridge.



### THE TOWER ROOMS

Our most iconic Tower Rooms. A split level penthouse style suite. A giant terrace with breathtaking views of the sea and Es Vedra with comfortable outdoor furniture and daybeds. Kitchen, Sitting area, A/C

