



CHEONG FATT TZE
THE BLUE MANSION



VIRTUE TCM
醫道閣

CHI RENEWAL RETREAT

AT THE BLUE MANSION

2 - 4 SEPTEMBER 2023

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Tradition, heritage and wellness come together in a one-of-a-kind escape integrating Traditional Chinese Medicine (TCM) with the Blue Mansion experience. The Chi Renewal Retreat is a specially crafted getaway offering renewal and relaxation using some of the world's oldest methods that Cheong Fatt Tze's own father, who was a scholar and TCM practitioner, utilised to promote health and well-being, at one of the world's greatest heritage mansions.

Together with Virtue TCM, the Blue Mansion has designed a three-day itinerary focusing on rejuvenation of the mind, body and soul.

Limited to only 12 guests, this three day, two night retreat is priced at RM2200 per person.



DAY ONE: DETOXIFICATION

Guests arrive and are eased into the retreat with an introduction to Traditional Chinese Medicine, led by our specialists from Virtue TCM. Next, a one-on-one consultation is conducted to further personalise their itinerary based on specific needs.

An afternoon guasha session is then held, highlighting the detoxifying properties of the tool and methodology. Herbal decoctions are served to aid the digestive and detoxification process, and post dinner, a herbal foot bath is provided in-room to further relax the body and ready it for slumber.





Optional Add-On: Chi Nei Tsang Massage
RM280 for 90 minutes

Established by Taoists in ancient China, Chi Nei Tsang is a form of abdominal massage believed to promote overall detoxification and rebalancing. Through manipulation of the abdomen and its organs, this healing touch therapy treats conditions ranging from muscular problems to stiff joints, stress and digestive issues. At its root, Chi Nei Tsang releases tension and blocked energy in the abdomen, promoting energy flow throughout - an invigorating and deeply relaxing process which benefits the entire body and mind.



DAY TWO: BALANCE

Focusing on TCM's fundamental principle of balance, Day Two begins with morning Ba Duan Jing practice - a series of physical movements to help activate the yang forces, and absorb the energy from the sun, as well as activate the Qi meridians and promote blood circulation. This activity will be held in the iconic central courtyard of the mansion which was designed to harness chi.

Next, the mind is nourished and calmed with sound healing, using Tibetan Singing Bowls. Following that, a 60-minute private session incorporating aromatherapy guasha, cupping and acupuncture is conducted for each individual, to take them further into the journey of rebalancing.

Finally, the evening footbath sets one on the path to even deeper relaxation.



DAY THREE: REPLENISHMENT

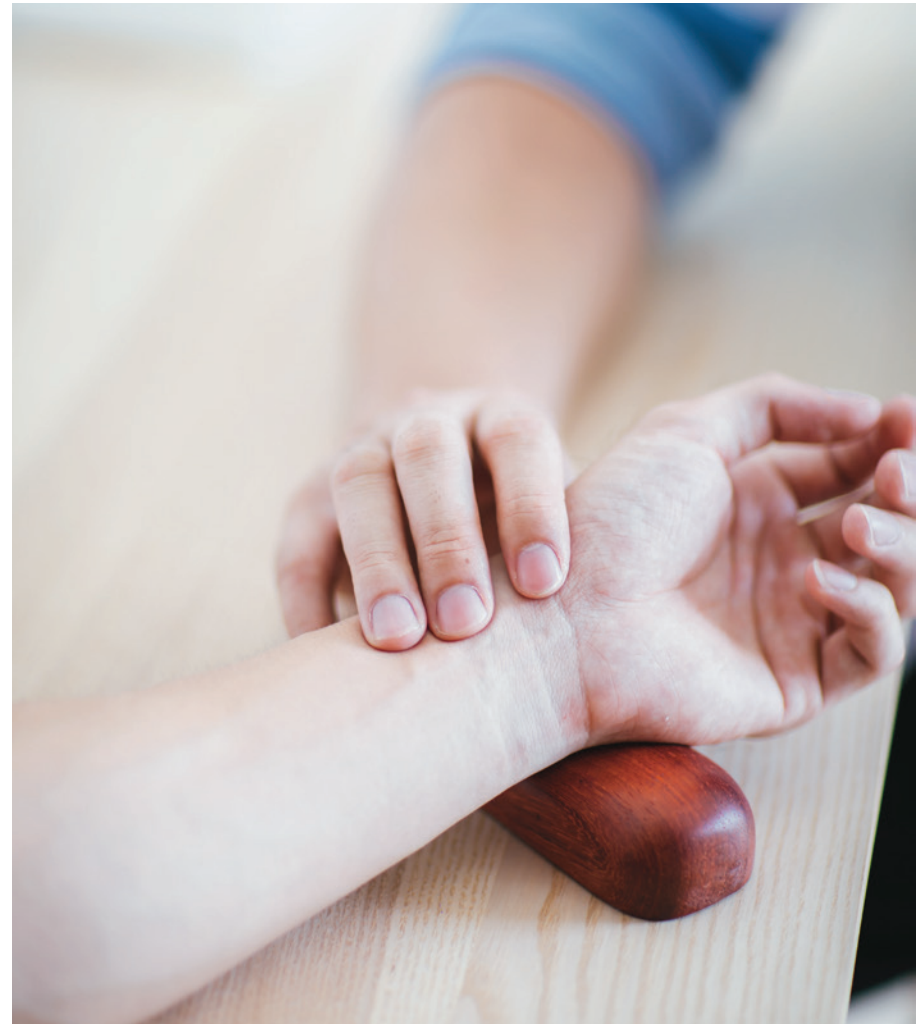
The final morning begins with warm, replenishing herbal tea, before the Ba Duan Jing session. A light breakfast is followed by a tutorial in moxibustion, a traditional chinese medicine therapy that involves burning a moxa stick to specific acupoints to stimulate meridian qi for disease prevention and treatment.

A final session of Ear Seeding - a practice of stimulating the pressure points in the ear to stimulate and regulate the function of corresponding organs in the body - is then offered.

In closing, the Virtue TCM specialists will offer a summary of the retreat, looking at individual experiences and how to continue to practise them beyond The Blue Mansion, for continued health benefits.

RETREAT INCLUDES

- 2 nights accommodation at The Blue Mansion
- Two breakfasts, two lunches and two dinners, in keeping with the wellness theme
- One group introduction to Traditional Chinese Medicine
- One private consultation
- One private cupping, acupuncture and aromatherapy guasha session
- Two private in-room herbal foot baths
- Two group Ba Duan Jing sessions
- One Ear Seeding session
- One group Sound Healing session
- One group moxibustion tutorial
- One group guasha tutorial
- One gift pack with
 - TCM introduction booklet
 - Guasha tools
 - Aromatherapy Guasha Body Oils
 - Foot bath herbal packs
 - Moxibustion stick
 - Reuseable bag



CONTRADINDICATIONS

- Guasha and cupping is not advised for people with severe skin issues
- This retreat is not suitable for pregnant women

**SAMPLE ITINERARY
FOR A FULL DAY
AT THE CHI RENEWAL
RETREAT**

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7:30am	Replenish & Awaken Herbal tea and light refreshments Ba Duan Jing Exercise to activate the 'yang' energy
8:30am	Breakfast in the Courtyard
10:00am	Relaxing & Energising the Body Private Treatments (60 mins) • Gua Sha, Cupping, Acupuncture
12:30pm	Lunch at Indigo
2:30pm	Calming & Nourishing the Mind Sound Healing Sessions
7:00pm	Dinner
9:00pm	Detoxify & Rebalance In-room Herbal Footbath

TERMS & CONDITIONS

- Package prices are quoted per person, based on two to a room*.
- Package includes two nights accommodation and activities per itinerary.
- 2 breakfasts, 2 lunches and 2 dinners are also included
- Room categories are Ming, Tang and Liang, assigned on a first come, first served basis.
- Additional private sessions can be arranged at an additional charge.
- Reservations can be made via emailing reservations@cheongfatttzmansion.com or through www.cheongfatttzmansion.com.
- A 50% deposit is required to confirm each guest's space
- Payments can be made online via credit card, e-wallet, or bank transfer.
- If activities per itinerary are missed, there will be no refund or replacement offered.
- Cancellations made up to 45 days before the retreat will be fully refunded, cancellations made less than 45 days before the retreat will incur a 50% charge, while cancellations made less than 7 days before the retreat will incur full charge.
- Check in time for the retreat is between 11am-11.30am on Saturday, 2 September 2023. The retreat programme will begin at 12pm whilst rooms will be ready by 3pm. Check out time is 12 noon (late check out may be offered subject to itinerary and availability)