

The logo for Eternal Spring Institute features a stylized red 'E' with a small pink flower-like symbol above it. To the right of the 'E', the words 'TERNAL SPRING' are written in a black, sans-serif font, and 'INSTITUTE' is written below it in a larger, bold, black, sans-serif font.

ETERNAL SPRING  
INSTITUTE

*Experience the path of  
cultivation and the  
transformative power of Yin  
and Yang at the Island and  
its Institute—where ancient  
wisdom, natural beauty, and  
authentic practice come  
together.*

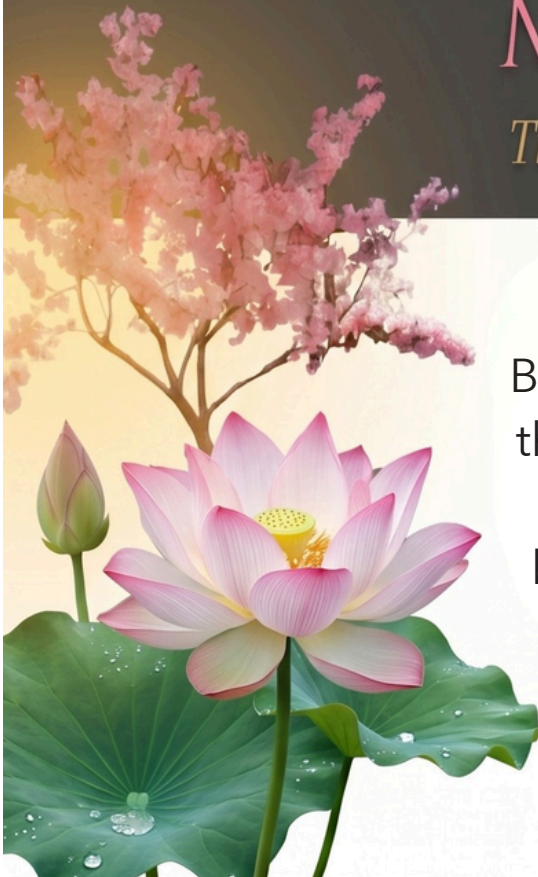
**A Journey of Experiencing  
Body, Mind and Energy**





# ETERNAL SPRING INSTITUTE MADEIRA ISLAND

*Transform your body, mind and energy.*



But first, let us show you why we choose this island. The island of Eternal Spring.

Known for its subtrioucak climate, breathtaking landscapes, and tranquil atmosphere, Madeira is the perfect sanctuary for renewal and growth

*Miles of some  
of the earth's  
most stunning  
coastline...*



Dolphins



Madeira has a

*wonderful relationship with the sea*

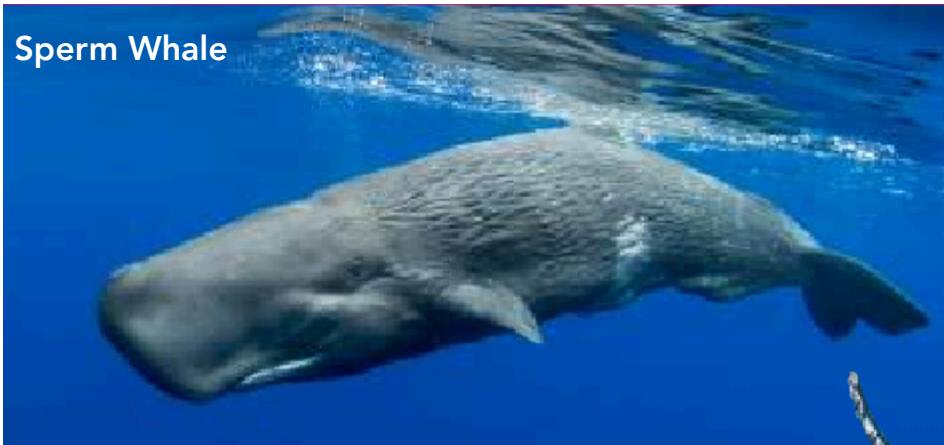
Common Tern



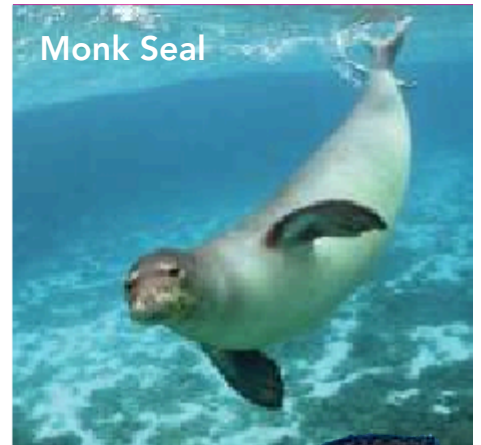
Manta Ray



Sperm Whale



Monk Seal



Sea Turtle



Humpback whale





Madeira is blessed with  
*“unique” levada*

with over 3.000kms  
circulating the island from  
one side to the other



*walks*



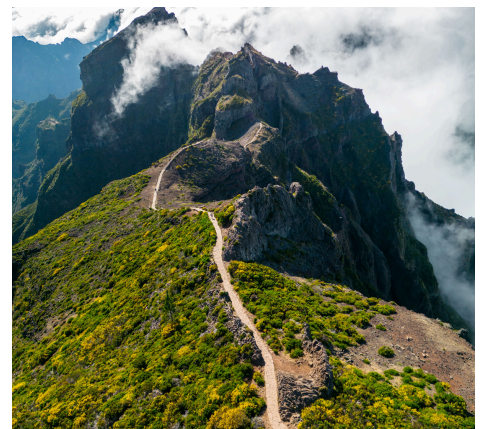


There are over 50 waterfalls to discover along the way...



Madeira has an  
*extensive mountain*  
*range*

with many peaks  
that clear the  
clouds

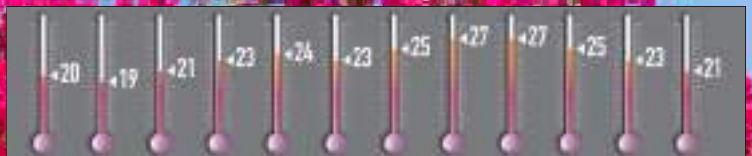




Madeira is the

*floating garden of the Atlantic*

Madeira temperature average — °C



Daylight hours





Over 60% of  
Madeira is a nature  
reserve with  
UNESCO status





All the finest

*fruits grow in Madeira*



There are lively markets  
all over Madeira, open  
every day





*Over 1.500 excellent restaurants*

open all year-round...



*cuisine from all over the world*

Porto Moniz Lido



Madeira has  
*wonderful lidos  
in the clean  
ocean*

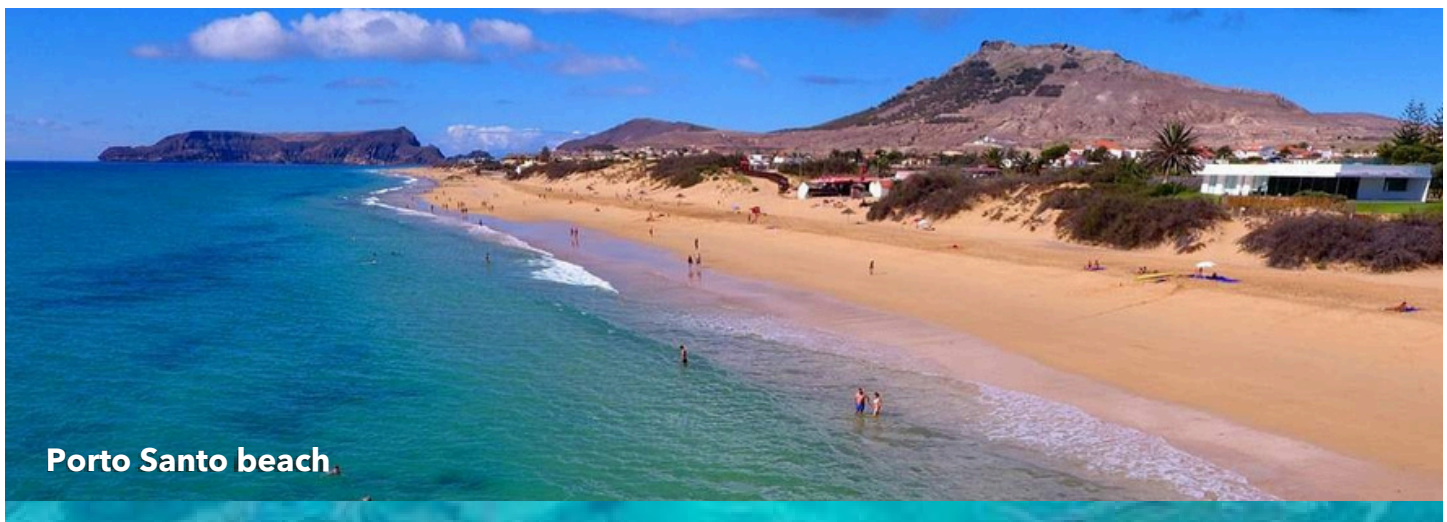
*Water Temp swimable all year around*  
and some spectacular hidden boutique  
beaches. Porto Santo boasts one of the  
best beaches in Europe.



Porto Moniz



Seixal beach



Porto Santo beach



Machico

Discover little hidden beaches and lagoons



Seixal lagoon



Prinha



Calheta

# Eternal Spring Institute Madeira, Portugal



More than a place of learning, the Institute is a sanctuary for personal transformation, wellbeing, and longevity. Drawing upon the ancient traditions of China, we offer authentic, high-level instruction in Taijiquan, Internal Wing Chun, Qigong, and Neigong.

Set amidst spectacular natural beauty, the peaceful environment enhances your journey toward greater health, vitality, and inner harmony. Yet the landscape is only the backdrop - the true treasure lies in the depth of knowledge and quality of transmission you will find here.

# Some impressions from the recent seminars held at the institute

