

Mana Schedule 2010

Coromandel www.manaretreat.com 07.866.8972

Jul 30-Aug 3: Self Cater Retreat – see below

\$120 per room whether 2 or 4 days

www.manaretreat.com

Aug 6-8: Still Moving - 5 Rhythm Dance & Yoga Winter Treat with

Christina Demmler & Neal Ghoshal. Dance, breath and sound all come together to take us to a place of rest, nurturing and regeneration in the depth of winter. Curiosity, acceptance and love allow us to enter a deeply transformative, healing space for your body and being.

\$395

www.manaretreat.com

Aug 13-15: Relaxation Special with Theatre Option (see below)

\$190 or \$180 for 2 or more

www.manaretreat.com

Aug 14: Playing Miss Havisham performed by Helen Moulder

An intimate solo play with music, song, humour and endearing characters.

Show only: \$20 Dinner and show: \$35 www.willowproductions.co.nz

Aug 27-29: Relaxation Special with Concert Option

Enjoy a free performance by *Before it Melts* a cappella choir.

\$190 or \$180 for 2 or more

www.manaretreat.com

Sep 10-12: Yoga Retreat with Juliet Forch

Explore how we stand, sit and lie in relationship to the earth and gravity and how this affects our breath and practice. Juliet has studied extensively with Donna Farhi and brings clarity, presence & lightness to her teachings.

\$350

www.manaretreat.com

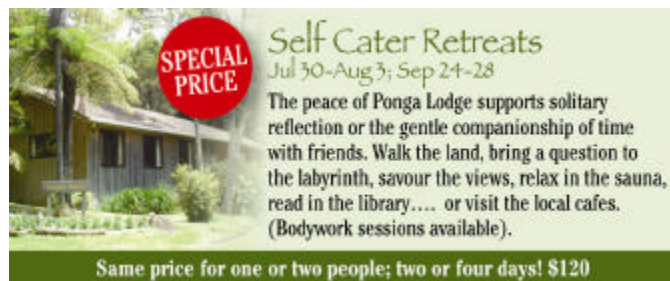
Sep 13-17: Taking Control of Multiple Sclerosis with

Professor George Jelinek MD, Dr Sandra Neate & Dr Craig Hassed

Based on credible science, human experience, optimism and practicality. Leave feeling inspired, informed and with tools to support better health and well-being. Sponsored by the MS Society Auckland.

\$1500 Enquiries & Registration: 09 845 5921

www.msaki.org.nz



SPECIAL PRICE

Self Cater Retreats

Jul 30-Aug 3; Sep 24-28

The peace of Ponga Lodge supports solitary reflection or the gentle companionship of time with friends. Walk the land, bring a question to the labyrinth, savour the views, relax in the sauna, read in the library.... or visit the local cafes. (Bodywork sessions available).

Same price for one or two people; two or four days! \$120

Sep 17-19: Dances of Universal Peace Spring Revival

The call goes out to all those who have ever danced, led dances or wish to connect with the dance family. Come to a shared weekend of dance, music and celebration. Eat, dance, sing and pray with heart community.

\$145

Enquiries and Registration: www.dupanz.org.nz

Sep 18-19: Spring Sweatlodge with Sol Petersen in the Mana Kiva

In autumn 2010 Sol, Guenther and a generous group of men and women built our new adobe lodge. Join us in the Kiva (the Hopi word for underground ceremonial chamber) to sweat and sing our prayers of purification, healing and celebration.

\$140

www.theradiantbody.com

Sep 24-28: Self Cater Special

\$120 per room whether 2 or 4 days

www.manaretreat.com

Sep 24-26: Relaxation Special with BodyTalk Option (see below)

\$190 or \$180 for 2 or more

www.manaretreat.com



Relaxation Specials

Aug 13-15; Aug 27-29; Sep 24-26; Oct 27-29

"Come Home" to a nourishing, heart warming Mana Experience: natural beauty, a comfy bed & delicious meals. Meditate, move or make music in the Octagon; read or reflect in the library; relax deeply in the sauna or in front of the fire. (Bodywork sessions available).

2-days \$190 per person or \$180 if two or more on same booking

Sep 25: BodyTalk – for individuals & professionals with Jane Peterken

A one-day workshop for personal health empowerment. Learn a simple set of energy based self help techniques for yourself, family and friends or for professional use in a clinic. Help with issues of pain, stress, allergies, fears, insomnia, fatigue, digestion, emotions and more. Lunch included.

\$195 (senior/student discounts)

www.healthandharmony.co.nz

Sep 30-Oct 3: Spring Retreat with Stephanie Dowrick

Savour the particular refreshment and depth that comes with abundant time to rest and reflect within a gentle, accepting atmosphere. Enjoy meditation, walks, fine food, teachings and personal discussion with Stephanie.

\$595

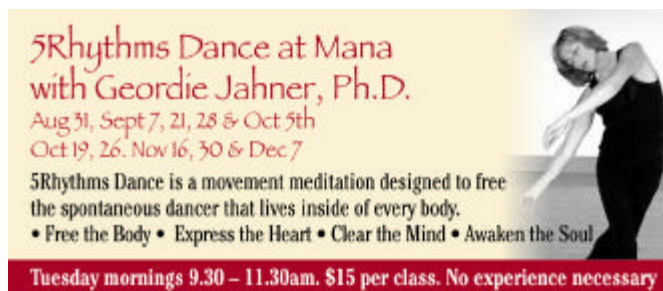
www.stephaniedowrick.com

Oct 11-15: Mindful Leadership Presence Retreat with

Lisa Markwick & Stephen Archer. Mindful attention, when applied to tough leadership situations, allows you to slow down and access the power to see more clearly, realise what really matters and generate new pathways forward. Four amazing days for leaders seeking fresh eyes and ears.

Contact: stephenarcher@wellness-solutions.co.nz 0274 356 352

\$1950 (Special circumstance discounts) www.mindfuladventures.co.nz



5Rhythms Dance at Mana

with **Geordie Jahner, Ph.D.**

Aug 31, Sept 7, 21, 28 & Oct 5th
Oct 19, 26, Nov 16, 30 & Dec 7

5Rhythms Dance is a movement meditation designed to free the spontaneous dancer that lives inside of every body.

- Free the Body • Express the Heart • Clear the Mind • Awaken the Soul

Tuesday mornings 9.30 – 11.30am. \$15 per class. No experience necessary

Oct 15-17: Ayurveda the Sister of Yoga with Perry McDonald & Denise

Ferguson. Explore the more subtle elements of mind in relation to Yoga and Ayurveda to increase Prana; the life force of body, mind and spirit.

\$420.00

Enquiries and Registration: www.ayurvedahealth.co.nz

Oct 27-29: Midweek Relaxation Special with World Dance Option

An invitation to a session of Dances from the World's Spiritual Traditions.

\$190 or \$180 for 2 or more

www.manaretreat.com

Oct 29-31: Life in the Light - Mastery Retreat with Leah Hemming

Connect with the masters who are waiting to lead you toward your inner light. Come into an awareness of your real self and experience joy, clarity, love and inner peace. This is a time for healing and receiving in the soft waters of the light within and around you.

\$325

www.diamondlight-vision.org

Nov 5-7 or 5-11: Tai Ji and Meditation Retreat with Sol Petersen

This Five Treasures Retreat is an opportunity not only to practice traditional Tai Ji as a profound way to work with your embodied spirit but also to explore the art of living through the practice of poetry, art, music and healing.

\$295 weekend (\$695 6 days)

www.theradiantbody.com

Nov 12-14: Conscious Women with Sheree Carbery

A transformational journey through the physical, mental, emotional and spiritual realms. Dive into the truth of your authentic self and discover the freedom and joy that naturally resides within you as a Conscious Woman. Lovingly co-facilitated and guided by the Conscious Women team.

\$585 (\$495 Earlybird by 30 Sep)

www.consciouswomen.co.nz

Nov 19-23: The Courage to be a Man with Sol Petersen

For 20 years the Inner Warrior Programme has been empowering men to discover a new sense of clarity, energy, creativity and purpose. An essential journey for the male soul.

\$595 (graduate and youth discounts)

www.theradiantbody.com

Nov 26-28: Sing Your Heart Out with Tony Backhouse

An irrepressible combination of song and soul. Tony is a composer, singer, black gospel aficionado and a *cappella* choir director extraordinaire.

\$370

www.tonybackhouse.com

Dec 2-5 & 10-13: A Biodynamic View of Osteopathy
Professional training Phase VI & VII www.osteopathicstudies.com

Dec 17-19: Summer Solstice Working Bee

A wonderful work exchange opportunity to help care for Mana. Good food, good company, good work and a celebration of the Solstice.

Dec 23-28: Holiday Specials – Catered or Self Catering

Come and enjoy the beauty, tranquillity and simplicity of Mana at this special time of year.

\$300 per room 1 or 2 people; 2 or 5 nights - Self Catering

\$550 per person (2 or more \$500) - Fully Catered

2011 – A Glimpse Ahead

Jan 1-7 Eyebody with Peter Grunwald

Jan 15 Stephanie Dowrick in Auckland

Jan 21-28 Dances of Universal Peace Retreat

Feb 2-6 Singer & Songwriter Camp with Tony Backhouse & Others

Mar 4-6 Relaxation Special

Mar 4-8 Divine Integration PSYCH-K with Joan Cameron

Mar 11-13 Zen Retreat with Seikan

Mar 18-20 Yoga & Pilates with Edna Levy

Mar 19-20 Sweatlodge with Sol Petersen

Mar 21-25 The Five Gateways to Self with Kate McEwen

Apr 21-25 Easter Retreat with Stephanie Dowrick



**SINCE 1988 MANA, A REGISTERED CHARITABLE TRUST,
HAS OFFERED A PLACE TO LEARN, RELAX AND RENEW...**

MORE INFORMATION is available at www.manaretreat.com. Mana is vegetarian, and a drug and alcohol free zone.

REGISTER at our secure site: www.manaretreat.com. \$100 deposit reserves a place. Pay by Visa or MasterCard or by direct credit to bank account 02-0304-0312089-000 or mail us a cheque.

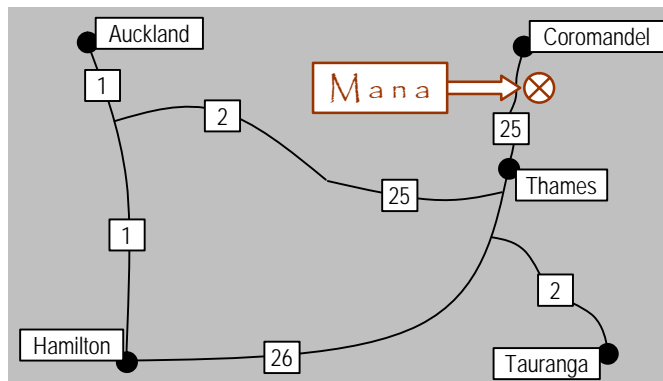
CANCELLATION: 10 days or more prior to an event the deposit may be fully transferred to another event within 12 months or refunded less a \$30 admin fee. Cancellation within 9 days of an event forfeits the deposit.

BOOK MANA for an event. Please request an information pack.

Mana Retreat Centre
RD1 Coromandel, 3581, New Zealand
Telephone 647 866 8972
Fax 647 866 8214
Email be@manaretreat.com
Web www.manaretreat.com



Mana is situated 20 minutes south of Coromandel Town, a two-hour drive from Auckland or Hamilton. From Thames take State Highway 25 along the pohutakawa-fringed coast line. After 38 km you will see the entrance to Mana on the right. There are also regular bus, ferry and shuttle services.



August - December
Workshops
Conferences
Personal Retreats

