

Dear Guest, welcome to Mana

For your own safety and enjoyment we recommend that you observe the following guidelines:

Fire safety: Please do not smoke, light candles or incense in you room. Candles and incense may be used in the Octagon and dining room. **Smokers:** There is only one place on the property where you may smoke, behind the Octagon.

Alcohol/Drugs: Please be mindful that Mana is a Alcohol & Drug free zone.

Decks: These can become slippery after rain, so if it has been wet, please move around mindfully.

Water: All our water comes from a spring out of the side of our mountain and passes through an Ultraviolet Light disinfecting system and is tested regularly for its quality.

Conservation of resources: We appreciate your help in conserving water, electrical power and in recycling waste.

Shoes: Please do not wear your outside shoes inside.

Dishes: Please assist us by doing just your own dishes after each meal and stack in the provided trays for sterilizing.

Laundry Facilities: If not in use for Centre Housekeeping Washing Machine, Cloth Line, Iron and Ironing board are available. (A small charge applies)

Phones & Internet: To support the Retreat Atmosphere please do not use your Cell Phone or Lap Top inside the centre. If you wish to make a call please use the parking area (Tennis Court) where the signal is best, or ask a staff member to use our landline. You will need a pre-paid calling card available at Reception. Broadband internet access is available in the reception area. We appreciate your donation for its use.

Registration & Payments: On arrival please register and pay for your stay.

Donations/Koha/Dana: Mana is a charitable trust and relies heavily on your continued generosity in continuing its work. Our donation box is located inside the front door in the foyer. We also welcome help with keeping the center, gardens and grounds clean and tidy .

Tara Sanctuary & Labyrinth: There is a beautiful Sanctuary below the mountain, and this is accessed by the Goddess Path. For directions please refer to the map in your room or ask our friendly staff. The Labyrinth is beside the Sanctuary. ***Please do not use the private road which runs past the private residence.***

Bush Walks: There are many beautiful tracks to walk on, including the mountain from which there are spectacular views. There is a map in each bedroom showing the network of tracks (copy available at the reception). Please wear sturdy shoes.

Sauna & Bush Bath: There are located near Ponga Lodge. For detailed instructions of use please ask our friendly staff.

If you have any questions, concerns or suggestions the Mana Staff is happy to assist.