

# Mana, Coromandel Relaxation Specials

Come to Mana for two days of relaxation and renewal, including 2 nights accommodation and 3 delicious meals a day. A time to be here with no programme: nowhere to be and nothing to do. Allow the land and the experience to work their magic on you, or venture out and enjoy the Coromandel.

Our kitchen will offer a range of heart-warming vegetarian meals, including some juices with the aim of creating delicious meals for wellbeing and enjoyment!

Optional massage and body treatments are also available.

February 12-14

April 16-18

May 7-9

Price \$190. Special Discount for 2 or more people \$180 each.

To register pay \$100 deposit by Visa /MasterCard at our on-line secure site or by direct credit to bank account 02-0304-0312089-000 or mail a cheque.

CANCELLATION: Ten days or more prior to course deposit is fully transferable to another course (within 12 months), or refunded less \$30 fee; less than 10 day cancellation forfeits deposit.

*RD 1, Coromandel, New Zealand*  
*Tel 64 7 866 89 72 Fax 64 7 866 8214*  
*be@manaretreat.com*  
*www.manaretreat.com*