

# Mana Schedule 2009

Coromandel [www.manaretreat.com](http://www.manaretreat.com) 07.866.8972

## Jan 3-9: Eyebody: Integrating Eye, Brain and Body - Peter Grunwald

Conceived to improve eyesight, the Eyebody method has evolved to coordinate brain function and to release tension within the eyes, the visual system and the body. This holiday retreat can help those affected by vision disorders. The work integrates the Alexander technique principles and the Bates methods with Peter's unique discoveries of the visual system.

**\$1420** Enquiries and bookings at: [www.eyeboddy.com](http://www.eyeboddy.com)

## Jan 15-18: Creatively @ Mana with Our Amazing Team



Four days of adventure for all ages and fitness levels. The journey will be led by community theatre facilitators Norah Menzies & Ed Langevin, composer & musician Melissa Garber and multi-media artist Lorraine Abernethy. With their talented, enthusiastic help, strangers quickly become friends. Using the Mana land to inspire us, we will create wearable art, performance, sound and who knows what else!

**Adult \$395, Youth \$295, Child \$195, family discounts**

## Jan 18 Sunday: Sacred Listening Within & Without - A Retreat Day with Stephanie Dowrick in Auckland (9.30am - 4.30pm)

Writer and interfaith spiritual teacher Stephanie Dowrick will offer an inspiring and practical opportunity to reflect on the year ahead. The day will include teachings and reflections on 'listening' both to deepen relationships and to discover what will support you across each area of your life.

**\$110** includes tuition and lunch [www.stephaniedowrick.com](http://www.stephaniedowrick.com)

## Jan 23-29: Golden Heart of Presence with Narayan and Munir A Dances of Universal Peace Retreat.

The Dances are a spiritual practice in movement and voice. No prior experience and no partners are needed. Narayan and Munir are world renowned and deeply loved dance leaders who will guide the exploration of our deep connection with one another and the Real.

Enquiries and bookings: Sally Platt 09 818 0478 [sally4peace@gmail.com](mailto:sally4peace@gmail.com)  
**\$540** [www.dupanz.org.nz](http://www.dupanz.org.nz)

## Jan 30-Feb 1: Advanced Dance Leader Training

Narayan and Munir will encourage each DUP leader or emerging leader to cultivate and expand their unique gifts developing depth, mastery and spontaneity. This training is suitable for certified and emerging leaders, also for people wanting to deepen in the path of the dances who are willing to fully participate in the training: Sally Platt 09 818 0478 [sally4peace@gmail.com](mailto:sally4peace@gmail.com)

**\$260** [www.dupanz.org.nz](http://www.dupanz.org.nz)

## Feb 13-17: Self-Cater Personal Retreat

"Come home" to the hills, bush, streams, bird song and peace of Mana.

**\$60 per night**, minimum 2 nights [www.manaretreat.com](http://www.manaretreat.com)

## Feb 20-23: The Goddess Tara with Judy Satori (women only)

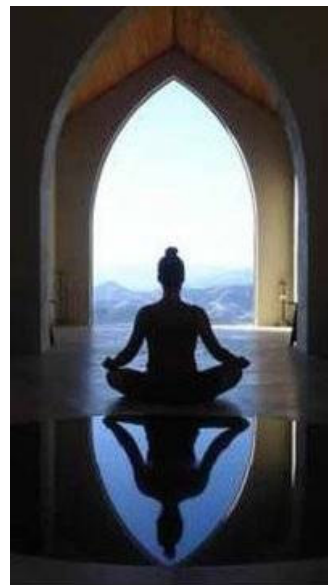
A time of purification and renewal using energy work and sacred teachings once known and practised in the temples of ancient Egypt. As we reconnect with the teachings of the stellar path of transformation, we will also connect with the Gods and Goddesses in each of us more completely.

**\$695** enquire for payment plan details [www.thesoundoflight.com](http://www.thesoundoflight.com)

## Mar 3 & 10 Tuesdays 9:30-11:30 5 Rhythms with Geordie Jahner

Geordie returns to Mana to offer two of her ever popular 5 Rhythms classes.

**\$15 per class** [www.thestudiomau.com](http://www.thestudiomau.com)



## Mar 20-22: The Essence of Yoga - Carrie Tuke (UK) & Sol Petersen (NZ)

Creatively deepen your Yoga practice with a mindful approach. Reveal the unconscious habits that limit you. Work at your growing edge. Explore an inner spaciousness. Discover the grounded nature of yourself. Integrate subtle, profound changes. International teachers with over 20 years of experience in body movement and remedial structural integration.

**\$390** [www.manaretreat.com](http://www.manaretreat.com)

## Mar 24-26: Relaxation Special - Midweek

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 or venture out to enjoy the Coromandel. Optional body treatments are available.

**\$190** Discount for 2 or more: \$180 each [www.manaretreat.com](http://www.manaretreat.com)

**Mar 27-29: Awareness through Art and Movement with Edna Levy & Roni Oren.** Explore creativity in art and movement. Yoga, Pilates, Qi-gong, Art Therapy, Meditation and Guided Visualisation form an enjoyable, experimental journey. This workshop is for healthy people who are interested in expanding awareness and who are motivated toward positive change.  
**\$390** [www.zohar.net.nz](http://www.zohar.net.nz)

**Apr 4-5: Sweat Lodge with Sol Petersen**  
**\$120** [www.theradiantbody.com](http://www.theradiantbody.com)

**Apr 9-13: Annual Easter Retreat with Stephanie Dowrick (FULL)**

**Apr 24-26: Retreat Yourself – Relax, Play, Adventure and Dance**

This weekend is about giving back to yourself; about balancing health and well being. Come try something new and take the opportunity to explore different activities. Join us for yoga, relaxation meditation, dance, bush walks, de-stress massage, delicious organic meals, time-out and fun!

**\$405** Enquiries and bookings [www.retreatyourself.co.nz](http://www.retreatyourself.co.nz)

**May 8-10: Relaxation Special - Weekend**

A weekend of relaxation and renewal. 2 nights accommodation; 3 delicious meals each day. A time to be at Mana with no programme: nowhere to be and nothing to do. Allow the land and the experience to work their magic or venture out to enjoy the Coromandel. Optional body treatments are available.

**\$190.** Discount for 2 or more: \$180 each. [www.manaretreat.com](http://www.manaretreat.com)

**May 8-10: Entering the Flow with Juliet Batten**

Explore the seasons as a paradigm for developing change and flexibility. Enter into each season through ritual, song, story, journal writing and guided journeys, and discover where your current alignment lies. From this point you will find creative responses to a wide range of possibilities and enlarge your capacity to move with the challenges and invitations of life.

**\$395** [www.manaretreat.com](http://www.manaretreat.com)



**May 15-17: Tracks – Exploring Rites of Passage & Facilitator Training**

Tracks for boys age 13-16, acknowledges the transition from boyhood to young adulthood. This course for men offers a powerful experience of Rites of Passage as well as a step to facilitating Tracks camps. We want to create a strong team to support boys and their families through a Rite of Passage at Mana's first Tracks Programme. Men will be given the confidence and skills to work with young people and to stand as mentors and role models

Enquiries and information [www.tracks.net.nz](http://www.tracks.net.nz)

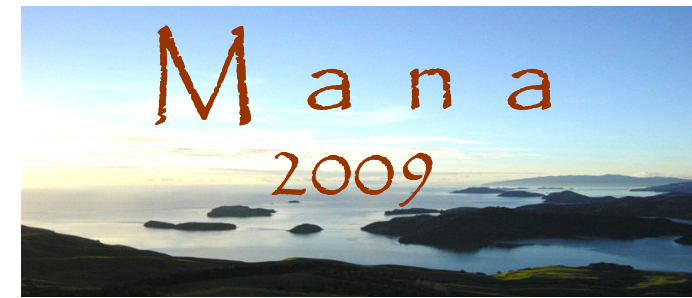
May 29-Jun 1: Ashram Yoga Queens Birthday Weekend Retreat  
Registrations and Information at [www.ashramyoga.com](http://www.ashramyoga.com)

Jun 12-14: Sing Gospel with Tony Backhouse  
Whatever your spiritual orientation or singing experience and talent we'd love you to join us for this weekend of expressing joy through singing gospel and songs from other traditions. Tony is a composer, singer, black gospel aficionado and a *cappella* choir director extraordinaire.  
\$360 [www.tonybackhouse.com.au](http://www.tonybackhouse.com.au)

Jun 19-21: Solstice Working Bee  
An opportunity to join the wider Mana family. This weekend is open to all. We provide your bed in exchange for willing work and food for potluck meals. Please let us know if you are coming. [www.manaretreat.com](http://www.manaretreat.com)



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RD1 Coromandel, 3581, New Zealand  
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Fax 647 866 8214  
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Web [www.manaretreat.com](http://www.manaretreat.com)



January - June  
Workshops  
Conferences  
Personal Retreats



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.



*"People see the world not as it is, but as they are."*

Al Lee

Coromandel, NZ  
[www.manaretreat.com](http://www.manaretreat.com)

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

MORE INFORMATION is available at [www.manaretreat.com](http://www.manaretreat.com). Mana is vegetarian, and a drug and alcohol free zone.

REGISTER at our secure site: [www.manaretreat.com](http://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 a course, your deposit is fully transferable to another course within the next 12 months. Alternatively we will make a refund less a \$30 admin fee. If you cancel within 9 days of a course your deposit is forfeited.

