

Mana Schedule 2010

Coromandel www.manaretreat.com 07.866.8972

Jan 2-8: Eyebody - Integrating Eye, Brain & Body with Peter Grunwald
Conceived to improve eyesight, the Eyebody method has evolved to coordinate brain function and to release tension within the eyes and the body. This holiday retreat can help those affected by vision disorders.
Enquiries and bookings: www.eyebody.com

Jan 8-10 & 14-17: New Year Special
\$45 pp/day B&B; Add Dinner for \$20; 2 night minimum stay

Jan 16: Mana in Auckland with Stephanie Dowrick – see back page

Jan 22-29: Golden Heart of Presence with Narayan & Munir
A Dances of Universal Peace Retreat - spiritual practice in movement and voice. These world renowned and deeply loved dance leaders will guide the exploration of our deep connection with one another and what is real.
Enquiries & bookings: Sally Platt 09 818 0478 sally4peace@gmail.com
\$690 www.dupanz.org.nz

Feb 1-7: Mindfulness & Health with Breathworks
A secular programme offering mindfulness-based approaches for those experiencing ill health, pain and stress. For professional or personal use.
\$1165 (\$995 early bird) www.breathworks-mindfulness.co.uk

Feb 12-14: A Taste of the Dao with Gabrielle Euteneuer
A self-care healing workshop. Learn practices to move the nervous system from stress into relaxation and to boost the immune system and health of the organs. Releasing life force through these practices will also enhance mental clarity and help balance emotions.
\$370 www.taomotion.com

Feb 12-14: Relaxation Special – see centre panel

Feb 19-21: Structural Awareness & The Yoga Body with Sol Petersen & Bernadette Rae. Explore the anatomy of yoga, structural body reading, how to use Yoga to recover from injuries, the effect of gravity, breath and posture on the body and how to apply a new structural awareness with ease to yoga and your daily life.
Cost \$375 www.theradiantbody.com

Feb 24: Bodytalk - for individuals & professionals with Jane Peterken
Simple energy techniques to reduce stress, boost the immune system, improve co-ordination and clarity of mind and help with pain, injuries & shock. Master proven ways to help yourself, family, friends or clients.
\$195 inc lunch (senior /student discounts) www.bodytalksystem.com

Feb 26-Mar 1: Quantum Healing with Melissa Hocking
Advanced level learning for facilitators of Quantum Bio Energetics. Learn to re-establish the whole-present, multidimensional web to enable the unique vibratory levels and frequencies for healing and personal evolution.
Enquiries & bookings: www.quantumbioenergetics.com

Mar 5-7: A Zen Transformative Retreat with Seikan
Instead of having to struggle to change or fix life, be guided in ways of finding fulfillment in life as it is, allowing for change to come from within; allowing oneself to be part of the expansive sky.
\$390 www.zen.org.au

Mar 5-7: Interpersonal Skills Training in Auckland – see back page

Mar 12-16: 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



Relax at Mana
Come to Mana for two days of relaxation and renewal:
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.
Dates: Feb 12-14, Apr 15-18, May 7-9
Price: \$190 or \$180 for 2 or more

Mar 19-21: The Art of Ritual with Juliet Batten
Celebrate the autumn equinox at Mana. Learn to create rituals that open the heart, foster connection, and invite transformation
\$395 www.julietbatten.co.nz

Mar 20-21: Sweat Lodge with Sol Petersen
Be held by the mountain spirit and the forest guardians at the sweatlodge cleansing and healing ritual. Fall into the deepest elements of earth, water, fire and air. Return to your self, and your Spirit.
\$140 www.theradiantbody.com

Apr 1-5: Annual Easter Retreat with Stephanie Dowrick
Cost \$795 www.stephaniedowrick.com

Apr 7-11: Timeless Presence Meditation Retreat with Stephen Archer
Explore mindful sitting and walking meditations within a simple structure of group sessions, regular instruction periods and discussion. Suitable for those new to the practice as well as those with experience. Much of the retreat will be in silence.
\$360 plus dana www.originalnature.co.nz

Apr 16-18: Relaxation Special – see centre panel

Apr 16-18: Bodylight with Edna Levy
Body conditioning and mind-body awareness through Yoga, Pilates and Qi-Gong. If you are motivated toward positive change this enjoyable and experiential journey is for you.
\$370 www.bodylight.co.nz

Apr 23-25 or 23-27: The Heart of Tai Ji & Meditation with Sol Petersen
Calm the mind, strengthen the body and revitalise the spirit. Sol brings warmth, humour and a deep, confident knowledge of the Tao of Tai Ji to this event which is of value for beginners and experienced alike.
Offered by donation and work exchange www.theradiantbody.com

Apr 30-May 3: Phase II Osteopathic Studies
Phase II of an 8-phase series of professional studies in Dr James Jealous' biodynamic view of osteopathy in cranial field, taught by Manuela Da Rin and Robyn Seamer. Enquiries & Bookings www.osteopathicstudies.com

May 7-9: A Hakomi Approach to Mindfulness & The Body
Mindfulness is currently recognized as a primary factor in the therapeutic process. This workshop will introduce mindfulness to deepen self study and the use of body-centred information in psychotherapy.
\$375 www.hakomi.co.nz

May 7-9: Coromandel Arts Festival Weekend
Use Mana as your base for this art adventure through some hidden corners of the Coromandel. We provide dinner, bed & breakfast leaving you free to eat out at lunchtime. Enjoy local arts & crafts as well as some special Mana events. Also open to those who want a weekend to enjoy just being here!
\$150 (+ Arts Tour Ticket) www.coromandelartstour.org.nz

May 14-16: Heartbeat - Awakening the Courageous Heart with Geordie Jahner. This deeper level of 5Rhythms work explores how to integrate our emotional expression into our movement practice. Expand and awaken physical and emotional intelligence to live a free and full-hearted life.
\$375 www.thestudiomaui.com

May 21-23: Reiki Retreat with Uli Brell
A weekend with yourself and with people who like to share Reiki. An opportunity to share experiences, to learn different techniques from one another, to give and receive Reiki, to meditate and to enjoy mother nature.
Enquiries and bookings: www.reiki.net.nz

May 28-30: Rehearsing for Heaven with Tony Backhouse.
An irrepressible combination, of song and soul, which will move your whole being. Tony is a composer, singer, black gospel aficionado and a cappella choir director extraordinaire.
Cost \$370 www.tonybackhouse.com

5Rhythms @ Mana with Geordie Jahner

Tuesday Mornings 9:30-11:30 - \$15 per Class

An Introduction: Feb 9, 16, 23, Mar 2, 9

Light & Shadow: Mar 30, Apr 6, 13, May 4, 11

Jun 4-7: Ashram Yoga Queens Birthday Weekend Retreat

Enquiries & Bookings: www.ashramyoga.com

Jun 12-13: Sweatlodge with Sol Petersen (see Mar 20-21)

Jun 15-20: Soul Voice Advanced Sound Initiation with Karina Schelde

An intensive, life transforming experience for those who have already taken the 2-day Soul Voice workshop. Release the power of your innate voice!

Enquiries and bookings: www.soulvoice.net

Jun 25-27: Winter Solstice Working Bee

Join the community, celebrate the Solstice and share in the work of maintaining Mana. Please bring prepared food for potluck meals and call to reserve a bed. www.manaretreat.com



Jan 16 Saturday: Living Strengths a Retreat Day with Stephanie Dowrick (9.30am - 4.30pm)

How can we best identify and develop the spiritual and psychological strengths that will most effectively support us? Stephanie Dowrick is a widely known author and teacher.

\$115 includes tuition and lunch www.stephaniedowrick.com

Mar 5-7: Interpersonal Skills Training

For everyone, especially professionals working with people, a 3-day non-residential training based on John Heron's 'Helping the Client'. Join a highly skilled and trained team of facilitators.

\$660(\$420student) www.co-operacy.info www.human-inquiry.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. 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 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.

BOOK: Mana for an event. Please request an information pack.

Mana Retreat Centre

RD1 Coromandel, 3581, New Zealand

Telephone 647 866 8972

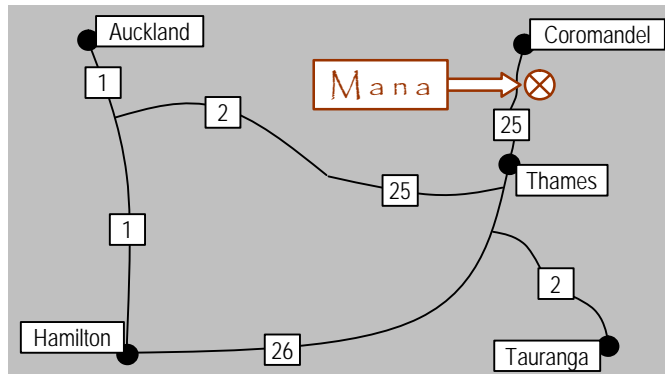
Fax 647 866 8214

Email bc@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.



Front Page: Pebbles and Stones by Judith Ackroyd: juditha@pl.net
For sale in the Mana Shop along with other gifts, books & toiletries.



January - June
Workshops
Conferences
Personal Retreats



Coromandel, NZ

www.manaretreat.com

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