

Mana Schedule 2007

Coromandel www.manaretreat.com 07.866.8972

AUG 3-5: Namaste with Catherine & Nasir Grace

Through the Dances of Universal Peace, meditation and other practices, we will link hands and hearts, returning to the normal round of our lives with a renewed appreciation of the gift of life itself.

\$195: Registration & Info at 07 377 0905 or at baraka@paradise.net.nz

AUG 10-12: Body Conditioning and Mind-Body Awareness Through Yoga, Pilates and Qi-gong with Edna Levy

This retreat is for body-aware people of any age and fitness level who have tried one or more of these modalities and seek further and deeper insight. Learn to use these powerful techniques to enhance flow, grace and ease of movement. Make this retreat your opportunity to come a step toward creating the body you want.

\$340

www.zohar.net.nz



AUG 24-26: Living into Health with Val Montague & Di Davies Take Home New Skills in Healthy Cooking, Meditation and Yoga.

Are you working on improving your health and well-being and could you use some inspiration, motivation and support to help you make changes to your diet and lifestyle? Come and join a group with similar goals and learn some ways of healthy living based on the teachings of the Gawler Foundation and other proven models.

\$350

www.manaretreat.com

AUG 31 - SEP 2: Spring Clean Dance: Christina Demmler & Neal Ghoshal

Clean out the winter cobwebs! Feel good in your body with skilfully taught Yoga and the practise of 5Rhythm Dance, a movement meditation that will take you through an energetic Wave, trusting your body's inherent wisdom to move from inertia to ecstasy...and many interesting levels in between.

\$390

SEP 7-9: Rejuvenation Weekend Special

Come to Mana for a weekend of relaxation, stress reduction and renewal. This special weekend includes two nights accommodation, delicious organic meals and juices, plus a treatment of your choice. Our qualified and experienced practitioners offer massage, remedial bodywork, watsu, lymphatic drainage, creative and dynamic counselling therapies and more. Allow the land and the experience to work their magic on you...

\$295 see our special discounts for 2007!

www.manaretreat.com

SEP 8 : Sunset Concert with Russel Walder One of the world's leading contemporary oboists.

SEP 8-9: The Journey of the Sweatlodge with Sol Petersen

A time for men and women to journey together in the sanctuary of the sweatlodge. The darkness and the heat, the support of the earth and each other offers a strong physical purification, a deep healing and a profound sense of unity.

\$120 Saturday 9am until Sunday lunch

www.theradiantbody.com

SEP 14-16: Yoga Retreat with Juliet Forch and Karla Brodie

On this retreat we will explore the fundamental principles that support a felt experience of dynamic internal sequential flow. Classes will include both active and restorative practices. Juliet and Karla have studied extensively with Donna Farhi, completing her advanced training in 2005.

\$380

SEP 21-23: Dances of Universal Peace Re-Union

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

\$100: Registrations & Info at 07 533 1915 or wytch-haven@xtra.co.nz

SEP 28 - OCT 1: The 'NEW' Goddess Tara Retreat with Channel & Spiritual teacher, Judy Satori

Judy works directly with the energies of the Goddess Tara, the mother of creation. The 2007 retreat will include new material from ancient Egyptian sacred teaching to help women reawaken to their own soul knowledge and ability to remember the Goddess within. The four days of the Goddess Tara retreat will be a profound reawakening into your own soul essence. The course is for women only.

\$595: Friday noon to Monday 3pm

www.SatoriEmpowerment.co.nz



OCT 9-11: Rejuvenation Midweek Special

All the benefits and features of our weekend breaks but at a reduced cost. **\$245 – see our special discounts for 2007** www.manaretreat.com

OCT 19 - 22 Ashram Yoga Labour Weekend Retreat Registrations and Information at

www.ashramyoga.com

OCT 25 - 29: The Artist Quest with Sahn Sound, Movement and Ceremony

The Artist Quest is an apprenticeship guiding teachers through sound, movement and living ceremony. Those who wish to participate at this level should contact Sahn directly. At the same time the course is also open to those who want to come and participate in 'Sounding', 'Dance Medicine' and 'Ceremony'. This body of knowledge is welcoming for all ages and all levels of dance/voice experience. This is truly an ageless art form

\$740

www.iiainternational.org



NOV 2-5 and NOV 9-12 Osteopathic Studies Part III & IV of a professional training

www.osteopathicstudies.com

NOV 16-18: Rejuvenation Weekend Special

Another of our special weekends (see Sep 7-9)

\$295– see our special discounts for 2007

www.manaretreat.com

NOV 16 -18: The Soul's Body: Being Enough with Jo Cobbett

Join Jo on a journey of the soul's body to reclaim the lost parts of ourselves. The workshop will create a stronger awareness of self and a deeper connection to community. Music, play, writing and creative expression will be part of our mutual exploration.

\$390:

www.movingground.com

NOV 30 - DEC 4 The Courage to be a Man with Sol Petersen

A mature man understands that often the major battles in his life must be resolved within himself. He has the insight and courage to seek support to discover his personal path and mission. A retreat for any man wanting to live life more fully and honestly.

\$595 (returning graduates \$395)

www.theradiantbody.com

DEC 6 -9: New Balance Through Sound with Ruth Weimer

The basis of New Balance Through Sound is that we are all vibrating, pulsating beings responding to vibration on a cellular level. The practice offered at this workshop awakens an aliveness that can be felt throughout our being.

\$495:

www.lichtenberger-institut.de

DEC 10-14: **New Balance Through Sound for Previous Students**
www.lichtenberger-institut.de

DEC 14-16: **Solstice Working Bee**

This weekend is open to all - we provide your bed and you offer willing work and food for potluck meals. Please call to reserve a bed 07 866 8972
www.manaretreat.com

DEC 20 - JAN 1: **Personal Retreats and Body Therapies**

"Coming home" is an expression we often hear from people who delight in our walking tracks, the healing nature of the 120 ha of rolling hills, bush and streams, the music of bird song, the silence of Tara Sanctuary, the echoing of the bells across the valley and the view to forever from the top of the mountain. Mana is the perfect place for personal retreats.

\$50 self cater; \$60 bed and breakfast www.manaretreat.com



2008

- Jan 5-11 Eyebody with Peter Grunwald
- Jan 12-17 Long Grass Theatre with Bert van Dijk
- Jan 18-24 Dances of Universal Peace Retreat
- Jan 25-28 Dances of Universal Peace Training
- Feb 7-13 The Complete Picture: A Retreat for Executives

MORE INFORMATION about these programmes and the Mana Retreat Centre, a charitable trust is available at www.manaretreat.com

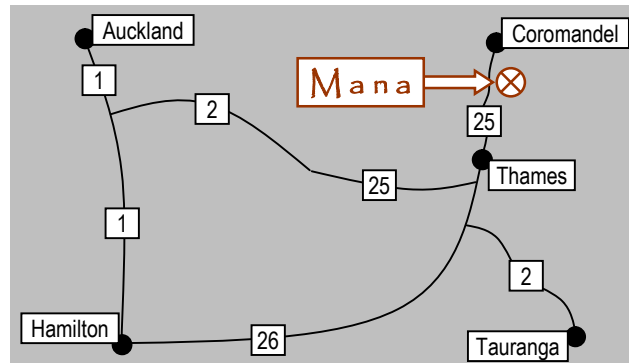
REGISTER at our on-line secure site: www.manaretreat.com A \$100 deposit reserves a place. Pay by Visa or Mastercard or by direct credit to bank account 02-0304-0312089-000 or mail us a cheque.

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 will be forfeited.

Mana Retreat Centre
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Telephone 647 866 8972
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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.



2007 Schedule

Workshops
Seminars
Conferences
Personal Retreats
Internships

2-day Rejuvenation Specials

Up to \$60 discount per person

Sep 7-9, Oct 9-11, Nov 16-19

Come with a friend and both receive a \$20 discount!

Come with two friends and each receive a \$40 discount!!

Come with three friends and each receive a \$60 discount!!!

These 2-day relaxation packages make wonderful gifts. We have vouchers available and will hold these prices for all vouchers purchased in 2007!