

mana schedule 2006/7

coromandel www.manaretreat.com 07-866 8972

AUG 18-20: Winter Transformation – Leslie Kenton – “Real health comes from within and the only true ‘guru’ is the individual soul”

The process of becoming who you are is the most rewarding experience imaginable. It leads to authentic freedom and infinite creativity. Leslie helps you ground your spirituality and unique truth in your body and your everyday life so you walk your talk with joy. This course is about touching your essence - the soul learning energy techniques for transformation, tapping the power of intention and absorbing cutting edge information about how to create radiant well-being. * \$ 495



www.lesliekenton.com

AUG 25-27: Food is Love. Winter Wellbeing with Peter Chaplin

Peter creates an atmosphere that is relaxed, fun and inspiring. In this hands-on weekend we will enjoy preparing food and medicines for winter wellbeing. We will experience a beautiful blend of one-on-one coaching, lively group interaction and personal timeout. Enjoy good food and health giving drinks in front of the fire, treat yourself to a massage, walk the labyrinth or native bush tracks; relax, relate, listen to music...



*\$360

SEP 1-8: Soul Voice Certification with Karina Schelde



This level 1 training is for those who have completed “The Soul Voice” and “The Sound Initiation” with Karina. For more information contact info@soundandvoice.com

www.soundandvoice.com

SEP 8-10: Yoga Retreat with Juliet Forch and Karla Brodie

“What is essential in the practice of yoga is the breath because each pose and each movement originates from there. This balanced union brings harmony and order to our bodies and minds.” ~ Vanda Scaravelli *\$350



SEP 14-17: Poutama Retreat– Walking the Talk of Our Ancestors with Denise Messiter and Lucy Hamon

This three day spiritual & self-healing retreat is based on ancient Māori tribal truths & wisdom. We invite you to come on a journey to discover how to walk and talk with your ancestral *Healer, Leader, Visionary & Teacher*. You will be introduced to the three baskets of ancient ancestral knowledge. These gifts have been used through the ages to assist with clearing, resolving and moving beyond emotional, cultural, spiritual and physical pain. Be prepared to laugh, cry, sing, share, be silent, still, sweat, dance, draw, play and trust. *\$595



SEP 22-24: 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. Registrations are being handled by DUPANZ. Please contact Sally. \$100 plus food to share (\$90 DUPANZ members)



www.dupanz.co.nz

sally4peace@gmail.com

SEP 29-OCT 1: A Place for Healing: The Journey of the Sweat Lodge with Sol Petersen

A time for men and women to come together, seek the shelter of the mountain and forest, sing and pray, bow to the earth. We must bend down to enter the lodge and this is a gesture of the humility required to come to a deeper understanding of the mystery that we are. It is a special and powerful experience to sweat your prayers in the safety of the lodge. The darkness and warmth of the lodge, the support of the earth and each other, elicits a deep enquiry into the healing we long for.



Our guide will be Sol Petersen who has many years of experience leading sweats. *\$195

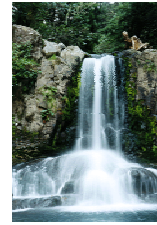
www.theradiantbody.com

OCT 6-8: Love and Joy Expressed through Voice and Rhythm. Gospel Singing Retreat with Tony Backhouse.

Tony's workshops at Mana just get better and better – ask those who come back year after year. Tony is a masterful director of a cappella inspirational choirs. In two short days at Mana he has our whole being moving and expressing joy and love through singing gospel and songs from other traditions. Whatever your spiritual orientation or singing experience and talent we'd love you to join us. Tony Backhouse is a composer, singer, Black gospel aficionado and a cappella choir director extraordinaire. *\$320



OCT 20-23: Living into Health with Di Davies and Val Monague



This three day “hands on” seminar explores healthy living and is based on the teachings of the Gawler Foundation and other proven programmes. We will be cooking, eating, meditating, relaxing, practicing yoga and having fun in beautiful surroundings. Di Davies is a nurse, naturopath, Yoga teacher and manager of Aio Wira Centre and Val Montague is a naturopath, counsellor, teacher and kitchen manager and cook at Mana. *\$480

OCT 27-30 & NOV 3-6: Osteopathic Studies professional training
www.osteopathicstudies.com

NOV 10-12: Empower the Centre Within: Qi Gong, Pilates, Tai-Ji with Edna Levy and Sol Petersen

The workshop will explore how we can empower the centre within us. It brings together three movement approaches: Pilates, Qi-Gong and Tai-Ji. All combine to integrate mind and body to find the true energy we all possess. Each approach uses a combination of techniques for relaxation, strength-building and flexibility, as well as practices to calm and focus the mind so that we may re-generate the body as we age. *\$ 320



www.theradiantbody.com

NOV16-20: Goddess Tara Retreat with Judy Humphreys



During this retreat for women Judy will work with the four elements of creation and directly with the Goddess Tara to release the codes of light. Judy has been trained by the Ascended Masters to prepare individuals, on all levels of body, mind and spirit, for soul ascension.

www.seventhray.co.nz

*\$595

NOV 24-28: Men's Retreat with Sol Petersen

“In this retreat we get high and holy, low and bawdy, we grieve, cry and laugh, occasionally make fools of ourselves and often heal each other. All is in the spirit of honouring and uncovering the precious gift and responsibility that is our human birth.” ~ Trevor Johnston, *Business Development Manager, The Warehouse*



www.theradiantbody.com

*\$595 (graduates \$395)

DEC 8-10: 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 in our bodies, stimulating every cell. *\$495

DEC 11-15: New Balance Through Sound with Ruth Weimer

This is for previous students of Ruth's work. An opportunity to reconnect and to deepen into the vibrancy and transformation of the instrument we are.

DEC 15-17: Summer Solstice Work and Community weekend

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.

DEC 23-26: Christmas at Mana with Jena and friends



Come and join us for Christmas and share in the creation of special moments, Mana magic, shared experiences and personal journeying. Facilitated by Jena and friends these three days will include time for rest, treatments and being on the land as well as offering the opportunity for participants to bring their ideas and interests to a programme of activities designed

to make Christmas 2006 a memorable time. *\$395

JAN 5-11: EyeBody with Peter Grunwald

JAN 12-17: Interfaith with Stephanie Dowrick

JAN 19-24: Dances of Universal Peace Annual Retreat

FEB 1-6: Mindfulness and Health

*Fees include tuition, shared accommodation and three vegetarian meals.

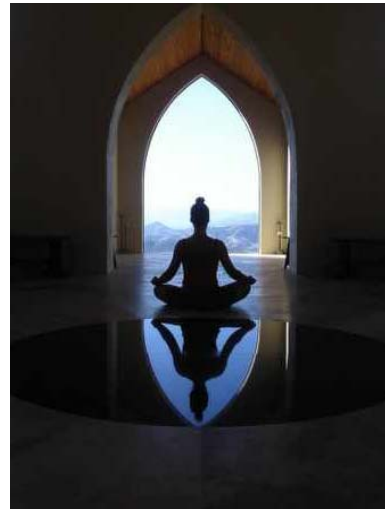
mana retreat centre

rd 1, coromandel, new zealand

tel +64 7 866 8972 fax +64 7 866 8214

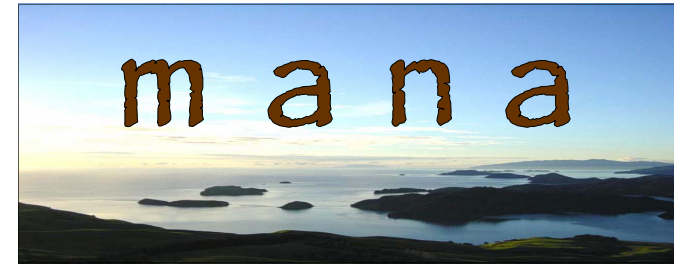
be@manaretreat.com www.manaretreat.com

Our facilities include a sauna, bush bath, library, massage room, tennis & volleyball courts, bushwalks, labyrinth and a Sanctuary at the foot of Mt Pukewhakaratarata, a 20 minute bush walk from the Centre.



To register please send a deposit of \$100. We ask for full payment four weeks before the start of a course. With cancellation up to ten days beforehand the deposit is fully transferable to another course (within 12 months), or refunded, less a \$30 fee. Cancellations after this date forfeit the deposit.

Please phone or check our website for more information.



Spring 2006 / Summer 2007 Schedule

Even in the middle of winter signs of spring are appearing all around us. As our attention is drawn outward it seems a good time to send you a schedule of the events here at Mana for the next six months. We have a programme that is broad, rich and deep and we hope that you will find something here that calls you to join us, from yoga to voice work and from dancing to a Christmas that will be special and different.

We are excited to have **Leslie Kenton** at Mana facilitating a weekend of winter transformation in August. Leslie has a background in health, psychology and philosophy and is world renowned for her books on health and nutrition. More recently Leslie has been working with soul learning energy techniques and it is this cutting edge information about how to create radiant well being that she brings to Mana.

Word of mouth has always been the best publicity for us, so we are enclosing two schedules in the hope that you will be able to pass one on to a friend who has not yet visited us. Be well, be happy and we look forward to meeting you at Mana soon.