

Mana Schedule 2011

Coromandel www.manaretreat.com 07.866.8972

Jan 1-7: 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 12-19: Relaxation Special
Come & enjoy the beauty, tranquility & simplicity of Mana in summer. With no programme take time to flow with your own rhythm: bush walks, beach time, sacred places, relaxation, body treatments, nourishing food.
Fully catered \$95 per person per night (min 2 nights)
Self Catering \$275 per room (1 or 2 people, one night or seven!)

Jan 15: Auckland Retreat in a Day Saturday 9.30-4.00
Seeking the Sacred with Stephanie Dowrick
A day of reflection, discussion & teaching. Deepen understanding of our most sustaining values and refresh confidence in ourselves and those around us. Stephanie Dowrick is a widely known author and teacher.
\$115 includes tuition and lunch www.stephaniedowrick.com

Jan 21-28: In the Garden of the Heart with Halima & Abraham Sussman
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 23-27: Playing with Passion with Michelle King & Nicky Hamid
A 4-day retreat for healers, teachers and leaders. Time to do something for yourself with no expectation but to play and have fun – relax into your authentic self and share joy with fellow lightworkers.
\$499

Mar 4-6: Weekend Relaxation Special
With no programme take time to flow with your own rhythm: bush walks, beach time, sacred places, relaxation, body treatments, nourishing meals.
\$190 or \$180 for 2 or more www.manaretreat.com

Mar 18-20: Bodylight with Edna Levy
Body conditioning and mind-body awareness with Qi-Gong, Pilates & Yoga. Learn to use these powerful, beautiful techniques to enhance flow, grace & ease of movement and come a step closer to creating the body you want.
\$390 www.bodylight.co.nz

Mar 19-20: 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

Mar 20-26: Five Gateways to the Self with Kate McEwen
Five days (6 nights) of self-inquiry, sharing and celebration for women. This retreat is an investigative journey into the depths of ourselves to the seat of our own wisdom. For seekers, the curious & the light of heart!
\$895

Mar 25-28: 3-Day Relaxation Special
With no programme take time to flow with your own rhythm: bush walks, beach time, sacred places, relaxation, body treatments, nourishing food. Special performance by Next Offramp Choir on Saturday night.
\$95 pp per night (2 night min) www.manaretreat.com

Come to Mana for the Coromandel Arts Festival
6-8 May 2011

Use Mana as your base for this art adventure through some hidden corners of the Coromandel.
Enjoy local art and craft as well as special Mana workshops:
Basket making Photography
Encaustic art Watercolour Painting
Artist in Residence And more!!

THE GREAT COROMANDEL ARTS TOUR
www.coromandelartstour.org.nz

Apr 8-10: Yoga Retreat: A Glimpse of Freedom with Sue Grbic & Deborah Rubin of Albany Yoga. Yoga poses, gentle breathing techniques, easy meditations and spiritual/philosophical discussions. Experience a different reality and explore what it means to be truly free.
\$390

Apr 15-17: Reiki Retreat with Uli Brell
A weekend with people who like to share Reiki. Give and receive Reiki, learn different techniques from one another, meditate and enjoy mother nature. 3-day option also available arriving by 6pm Thursday 14th.
\$295/\$395 **Enquiries and bookings:** www.reiki.net.nz

Apr 21-25: Annual Easter Retreat with Stephanie Dowrick
One of our most popular teachers, Stephanie combines genuinely inclusive, inspirational spiritual teaching with periods of silence and meditation, active reflection, questions and discussion. This retreat will focus on key insights from Stephanie's most recent book, Seeking the Sacred.
Cost \$795 www.stephaniedowrick.com

Apr 29-May 1: Alchemy of Life & Qigong with Gabrielle Euteneuer
This combination of motion & meditative stillness combine to open us to the unlimited possibilities of life. The meeting of these opposites brings peace & quiet and the energy & wisdom to manifest new understanding.
\$370 www.taomotion.com

Apr 29-May 1: Relaxation Special
With no programme take time to flow with your own rhythm: bush walks beach time, sacred places, body treatments, relaxation & nourishing food.
\$190 or \$180 for 2 or more www.manaretreat.com

May 6-8: Coromandel Arts Festival Weekend
\$190 (+ Arts Tour Ticket) www.coromandelartstour.org.nz

May 13-16: Recreation ... Resynthesis ... Regenesi with Judy Satori
A 4-day energy experience for men and women with international channel and sound vibrational healer, Dr Judy Satori, the Elohim and the Archange Metatron. Designed by spirit as a catalyst for the process of spiritual evolution and soul ascension. Limited numbers. Please book early.
\$595 www.thesoundoflight.com

May 20-22: Sing Your Heart Out 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

May 27- 29: A 5Rhythms Dance Weekend with Geordie Jahner.
Heartbeat 2 Awakening Potency & Presence. A workshop using the 5Rhythms language of movement, music and awareness to explore feeling as physical energy that we can move through our bodies, learning to stay present for the full range of emotions in ourselves, as well as in others
\$385 www.5rhythms.co.nz

Jun 3-6: Ashram Yoga Queens Birthday Weekend Retreat
Enquiries & Bookings www.ashramyoga.com

Jun 10-12: Working Bee
Join the Mana family for a weekend of shared work and community. Previous projects have included work on the land, buildings & gardens, work in the library, kitchen & office as well as projects that benefit the wider and local community. Please phone or email to book your space.
No Charge www.manaretreat.com

Jun 17-Jul 1: Soul Voice Training (level 3)with Karina Schelde
Enquiries & Bookings www.soulvoice.net

Mana 2011 Calendar
Order Online
\$10 + \$2 post