



yogassanctuary  
the studio with soul

**2024 Retreat**

Coromandel  
18 - 24 April, 2024



# Mana Yoga Retreat Coromandel NZ



Join Denise on this extended weekend of yoga, meditation, healthy eating, hiking, relaxing and detoxing.

Mana is a magical place nestled up a winding driveway through the native NZ bush in the Coromandel ranges. Get away from the hustle and bustle of every day life and take a few days out to recharge.



"Your knowledge and energy made this a special and personal experience for me. Plus the beauty and welcoming environment of Mana. Namaste"

Sue (repeat attendee)

"Thank you for an amazing retreat. You are a naturally talented yoga teacher who can teach a class from novice to experienced AND altogether. I am so grateful to have you as my teacher. Namaste"

Tina (repeat attendee).

# Mana 18-24 April 2024

## Guest Guidelines

### What to bring Coromandel

Yoga equipment will be provided, but please bring your own if you have the following:

- bolster
- mat
- meditation cushion
- blocks
- slip on shoes for coming in and out of the main lodge

In addition to clothing, toiletries and personal belongings you might like to bring:

- walking shoes for hike
- togs for sauna
- torch for the path to some cabins
- ear plugs
- shower wash

## Facilities

The facilities include a massage room, sauna, library, bushwalks, labyrinth and a Sanctuary/ Chapel at the foot of Mt Pukewhakatara, a 20 minute bush walk from the Centre.

## Catering Mana

The beautiful, open plan kitchen is the warm, nourishing centre of Mana. The delicious, totally vegetarian menu uses fresh local, seasonal, whole foods, organic wherever possible. An increasing amount of food is grown on the Mana land and they preserve when there is seasonal abundance. Mana is an alcohol and meat free zone at all times. Please email [natasha@yogasanctuary.co.nz](mailto:natasha@yogasanctuary.co.nz) if you have special dietary requirements.

## Therapies

Mana offers a wide range of therapies. You can book additional treatments upon arrival.

Waimana Spa is an oasis of tranquillity a five minute walk through the bush from Mana Retreat Centre. Run by two of Mana's founding trustees and therapists, Sol Petersen and Penelope Carroll, Waimana Spa has treatment rooms and a hot pool for Watsu and aquatic bodywork treatments.

## Itinerary

### Thursday Afternoon

3:30	arrival, unpack, settle in
4:30 – 6:00	vinyasa yoga
6:00	dinner (all meals vegetarian)
7:00	introduction and welcome

### Friday

7:30 – 8	meditation
8:00	breakfast
	free time for massage, sauna, walks, reading etc
11:30 – 1	vinyasa yoga
1:00	lunch
2:00	hike to the chapel
4:30 – 6:00	yin & restorative yoga
6:00	dinner

### Saturday

6:20	dawn hike to see the sun rise
7:30 – 8	meditation
8:00	breakfast
	free time for massage, sauna, walks, reading etc
11:30 – 1	vinyasa yoga
1:00	lunch
4:30 – 6:00	yin & restorative yoga
6:00	dinner
7:30	bonfire (weather permitting)

### Sunday

7:30 – 8:00	meditation
8:00	breakfast
	free time for massage, sauna, walks, reading etc
11:00 – 12	vinyasa yoga
12:00	lunch
Home-time	thanks for coming!

# Yoga Retreat Preparation

## Travel to Mana

### Location

Mana is situated 20 minutes south of Coromandel Town, approximately two hours from Auckland. From Thames take State Highway 25 along the pohutakawa-fringed coast line. After 38 kms you will see the entrance to Mana on the right – Mana Retreat, 608 State Highway 25 (Manaia Road), Ph (07) 866 8972.

### Driving from Thames:

From Thames take Hwy 25 toward Coromandel. After about 30 mins on the coast road you will come to Wilson Bay after which the highway turns inland and uphill. After a short dip the road rises again to Manaia Summit and Rest Area. From here proceed 2 kms downhill looking for the sign on the right “Mana Retreat 300m”. Turn right into the drive.

If arriving after dark, the drive is marked by a series of red reflectors on stockyard fencing. Passing a side road to the left, continue up the drive to the fish pond and palm. The Centre is on the left and the office is through the double doors. The car park is a few metres beyond the centre. You are welcome to park on the tennis courts.



### Carpooling

Please email [natasha@yogasanctuary.co.nz](mailto:natasha@yogasanctuary.co.nz) if you would like to carpool. Include whether you would like to take passengers, be a passenger and where you will be coming from.

### Booking Policies:

- \$250 deposit is required to secure the room.
- Balance is due 1 month prior to retreat.
- Deposits are refundable up to 2 months prior to retreat less \$50 admin fee.
- Deposits are 50% refundable 2 months prior to retreat less \$50 admin fee.
- Deposits are non refundable 1 month prior to retreat.

“Thank you for an amazing retreat. You are a naturally talented yoga teacher who can teach a class from novice to experienced AND altogether. I am so grateful to have you as my teacher. Namaste”  
Tina (repeat attendee).

