



MANA RETREAT 2020 PROGRAM

Friday, March 27th

4pm-6pm Arrival
6.30pm Dinner
7-9pm Opening, Intention
Setting & Guided Journey

Nurture & Reflect

Mindfulness Yoga,
Meditation

27-29 March 2020
Mana, Coromandel

\$450 (incl. 2 nights
accommodation
3 vegetarian meals
all day program)



Saturday, March 28th

7.30am Yoga
8.45am Breakfast (silent)
9.30am Intro to Mindfulness, Meditation
10.30am Pranayama
12.30pm Lunch
free time
2.3pm-5pm Pranayama, Tantric & Shamanic Exercises
Healing Yin Yoga & Sound Bath
6pm Dinner
7.30pm Shamanic Journey



Sunday, March 29th

7.30am Yoga
8.45am Breakfast
9.30am Meditation
10.30am Pranayama
11.30am Closing Circle
1pm Closing Lunch
3pm Check Out



The Treehouse Retreat | 121 Carlton Street | Bellevue 3110 | Tauranga

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NURTURE & REFLECT

Perfect Balance of restorative Yoga, guided Meditation, Sound Healing and Stillness. This Retreat makes a perfect first for beginners, self exploration and deep personal healing. Be guided into the Autumn season towards self care with clarity.

At the peak of our growth period and the Equinox (21st) the plant life captures its essence. Perfect time to allow Mana to nourish us with its Beauty, dedicated hosts and delicious vegetarian cuisine. Allow yourself to arrive, let the land and its guardians nourish you.

22 years of Yoga immersion with a busy life, like your own, 500+ Yoga Teacher and Founder of Somatic Yin Yoga, Stella Goetz supports you on this Mindfulness Journey into Autumn.

Friday 27th of March 2020 6pm (arrival from 4pm)

Sunday 29th of March 2020 3pm

Venue: Mana Retreat, Manaia, 3581 Coromandel

To secure your space pay in full Stella Yoga, Account 38-9015-0595650-09, Reference your 'full name'

