



# The Joyful Buddhas

MANA RETREAT

16<sup>th</sup>- 20<sup>th</sup> April 2018

YOGA AND MEDITATION

What to Bring • What is Available • Treatments • Dining

## WHAT TO BRING

In addition to **clothing, toiletries** and **personal belongings**, we suggest that you might like to bring a **torch** and **walking shoes**. Mana is a shoe free environment so please bring warm **socks/slippers** for wearing in the Centre. Also, don't forget to bring a **journal** and **pen**.

Some suggestions that might help you in preparing for quality outdoor time include - **sunscreen, sun hat, rain coat, umbrella** and **slip on shoes** that make removing shoes to enter buildings all much easier.

Mana supply yoga mats, bolsters and straps. Please bring your own **blocks** if you wish.

## AVAILABLE at the Retreat during your FREE TIME

We have put aside two mornings with the option of leaving the Retreat Centre and exploring the surrounding area. **Cathedral Cove** is an area that seems we should not miss! They have a glass bottom boat tour for \$90, which sounds like loads of fun.

Other suggestions are **Hot Water Beach** and **New Chumes Beach**. Both need to be scheduled around low tide - midday/early afternoon. We may need to consider and adjust our schedule if we choose to visit these areas. No doubt, we will find plenty to explore, and perhaps a lovely long bush walk.

The land at **Mana** offers a wonderful opportunity to rest and rejuvenate with **lovely walks, bush bath, sauna, treatments, a library** or just have some quiet time in the **Sanctuary**.

## TREATMENTS are available and dependent on therapist availability

**Remedial & Relaxation Massage** 1 hr NZD\$80. Bookings in advance please. *See Registration Form.*

**Watsu & Integral Aquatic Therapy** 1 hr NZD\$80. Bookings in advance please. *See Registration Form.*

Experience the deeply relaxing & healing power of warm water (36 deg c) in a **therapy pool**. Combine **massage, joint release & stretching**.

## DINING

Be nourished by the wholesome **vegetarian cuisine** at Mana, as the kitchen team create both delicious and nutritious menus using organic produce when available.

You will be provided a **vegetarian buffet** for **breakfast, lunch** and **dinner** with lunch being the main meal. Mana Retreat **cater for gluten free, dairy free, wheat free** and **vegan**. Please let us know in advance if this is your preferred option, or if you have any other dietary requirements or allergies. (See registration form.) There is also **24 hr tea and coffee making facilities!**

**WIFI is available away from public areas. MOBILE / CELL PHONE reception is available.**