

## Workshop Facilitator



Claire Wallwork  
BHSc (Midwifery), Dip Natural Healing Science.

Claire is a registered midwife and healer who specializes in women's health, particularly the three great transformative transitions of puberty, pregnancy & menopause. We are excited to invite girls and women of all ages and stages to come together. Claire brings to her work a profound respect for the female principle and form and a wealth of experience that calls forth the feminine wisdom in all of us.



Claire is inspired continually by her daughter Maddie (13 years), a beautiful soul proudly journeying through puberty into womanhood.

Claire also runs fun workshops for pre-teens that introduce the often overlooked wisdom of the menstrual cycle and encourage the exploration of hormonal energies that can support them through adolescence.

### TIMES:

We begin on Friday with dinner at 6pm (registration from 4pm) and end on Sunday at 3pm.

### FEES:

Earlybird \$295 per person *if paid in full by 20<sup>th</sup> March*.  
Otherwise \$325 per person - \$100 deposit will reserve your place.

**Under 18 years half price.**

Special family/group discounts – call for details.

Price includes tuition, comfortable shared accommodation with all linens, delicious organic vegetarian meals, and the use of all facilities.

### PAYMENT:

Payment may be made by Visa or Mastercard, cheque or direct credit to Mana's bank account.

### REGISTER WITH:

Mana Retreat Centre  
RD1 Coromandel  
New Zealand  
phone (07) 866 8972  
be@manaretreat.com  
www.manaretreat.com

### MORE INFORMATION:

Website: [www.becomingwoman.co.nz](http://www.becomingwoman.co.nz) or  
[www.manaretreat.com](http://www.manaretreat.com)

or phone Claire on (64-9) 445 7811

BIRTHING THE CONSCIOUS FEMININE  
THROUGH EDUCATION AND HEALING



## Being Woman

*Daughters, mothers, grandmothers, aunts, sisters, friends...*

*Mana Retreat, Coromandel  
12-14 May, 2006*



Come, enjoy and share in a transformative journey exploring the mysteries of what it means to be a woman, and to harness the healing potential of feminine energy.

Bring family, friends or come alone. The retreat offers an opportunity to discover the bonds of sisterhood and to celebrate the beauty and strength of your Essential Feminine Spirit.



## Being Woman

- A retreat for women regardless of age and stage. There is something distinctly feminine about gathering today as one. Children, pregnant and breastfeeding mothers, aunts, career women, grandmothers, sisters – whoever you are, you have something unique to offer. There is wisdom that comes from a Grandmother's many years of experience just as there is wisdom that stems from the innocence of childhood and from walking the journey between. This collective feminine consciousness is a rich well from which we can all draw strength, insight and love.



- Identify and heal outdated beliefs and patterns around what womanhood means, inviting balance and harmony into your life.
- The Retreat offers a healthy balance of discussion and learning with lots of activities and processes.

- Have lots of fun, explore your creativity, laugh out loud and shed your tears within a safe, supportive environment. Activities are designed to appeal to all age groups and to build bridges across generations.



- Share in a nurturing, unifying process that will enable understanding and a deep appreciation of the cyclical nature of womanhood.
- Take time out for you - to reconnect with your inner self & loved ones, to explore your spiritual essence and to re-attune to nature.
- Develop and appreciate the awesomeness of your female body and its ability to guide us to live more fulfilled lives.
- The weekend will also include a ceremony to honour the 3 major transitions of womanhood (and the many in-between).

## Mana Retreat Centre

Since 1988 Mana has offered a variety of experiences in body-mind education, creative expression and spiritual exploration. Embracing mountain, bush and sea, Mana provides a perfect atmosphere for the enrichment of mind, body and spirit...

Mana is situated 20 minutes south of Coromandel Town, a two hour drive from Auckland or Hamilton. From Thames take State Highway 25 along the pohutakawa-finged coast line. After 38 km you will see the entrance.

