

FEB 10-14: Tao Motion: Healing Love and Intimacy – Gabrielle Euteneuer, universal Tao senior instructor



Enhance life force, replenish vitality and connect with your creativity. Jing Qi (sexual essence) contains the power of self healing, nourishment, joy, spontaneity and vitality. The course includes instruction in bone marrow cleansing to strengthen and energize bones, the immune system and blood quality, a counter to the effects of age. \$690-\$770.

www.taomotion.com

FEB 17-19: Re-Treat Yourself: a summer weekend of adventures for the soul! - Lindi, Darb, Clancy and Liz

Dare to dabble in activities like yoga, outdoor adventures, drumming, bush walks, salsa! Let your 'Self' be free to live in the moment... Have a massage, eat deliciously healthy food, rediscover who you are and what's important to you... Have 2006 be a delightful adventure!

www.re-treatyourself.co.nz



FEB 17-21: Weekend or 4½ day myofacial massage class – Sol Petersen at Waimana www.theradiantbody.com

FEB 24-MAR 1: Tao Motion: Inner Alchemy – Gabrielle Euteneuer

Improve the immune system. Open to forces that strengthen intuition, clarity and spiritual growth. Taoist meditations transform negative emotions to pure natural energy. Learn to circulate Qi or 'virtuous energy' through the major organs. \$770-\$870. www.taomotion.com

MAR 2-6: Bio Medicine Training 1 for Health Professionals



MAR 3-5: Best You Can Be – Suzanne Marbrook is a practitioner of neurolinguistic programming and non-directive hypnotherapy

This life-in-balance retreat offers techniques for life skills and spiritual development through transforming the whole life pattern. Includes deep relaxation, energy and chakra balancing, problem solving, stress management, trusting intuition, letting go of the past. \$360.

www.suzannemarbrook.com

Mana Schedule 2006

Coromandel www.manaretreat.com 07.866.8972

MAR 10-13: Postgraduate Osteopathic Studies, Phase I – Robyn Seamer D.O., M.Sc.(Ost.) and Manuela Da Rin D.O., M.Sc.(Ost.)

A biodynamic view of osteopathy in the cranial field designed by Dr. James S. Jealous D.O. www.osteopathicstudies.com

MAR 17-19: Experience Soul Resonance: Discover Sacred Geometry in Your Body – Reinhard Kanuka-Fuchs

The architect of the Tara Sanctuary at Mana will guide us into the Bioharmonic Architecture of the human body (cells, emotions and thoughts) and of the built and natural environment. Performances by oboe virtuoso, Russel Walder, the Tara Choir, dancer Edna Levy, and yoga instructor Lindsay Nichols will inspire and link experiences and ideas. \$495.

www.goodcompanypacific.com/reinhard.htm



MAR 22-24: Optimal Health and Fitness for Men – Sol Petersen is a Structural Integration trainer, counsellor, T'ai Ji teacher, founder of Inner Warrior Trainings and co-founder of Waimana and Mana Retreat Centre

MAR 24-26: Sweat Your Prayers: Sweat Lodge for Men and Women – Sol Petersen

www.theradiantbody.com

MAR 30-APR 3 and APR 6-10: Bio Medicine Training

APR 13-17: Teachings on Love from an Interfaith Perspective – Easter Retreat – Stephanie Dowrick, author and teacher

"Interfaith ministry acknowledges there are many ways to seek meaning." www.stephaniedowrick.com



APR 19-23: New Balance Through Sound Training - Ruth Weimer (ongoing group)

DEC 8-10 Introduction for new students

www.lichtenberger-institute.de

MAY 2-7: Sound Initiation – Karina Schelde, a pioneer in sound healing



You will be guided into very high frequencies and experience deep transformation and initiation. Let the sound teach you to penetrate to your deepest core. Learn unique sound healing techniques. Access a bigger spectrum of your authentic self-expression. When you liberate your voice, you liberate your whole being. (*Prerequisite is the 2 day workshop "The Soul Voice."*) Sound Initiation leads to "The Soul Voice Practitioners' Certification Programme" starting September 2006 at Mana. www.soundandvoice.com



MAY 12-14: Becoming Woman – Claire Wallwork

A magical retreat celebrating menarche, welcoming our daughters, sisters and granddaughters into womanhood and honouring the maiden, the mother and the wise crone. Claire loves working with women of all ages,

through all stages, especially as they go through the metamorphosis of puberty and adolescence and birth anew as conscious women and young goddesses.

www.girltogoddess.co.nz

MAY 19-21: The Body Spiritual: Knowing the Divine on a Cellular Level – Louisa Walker Ph.D.



Explore the interface between mind and matter, heart and soul, your body and the divine; the relationship between science and spirituality, alternative therapies, psychological health, stress, burn-out prevention and self-care. Louisa is a Clinical Psychologist who works with physicians, psychologists and allied health professionals.



MAY 26-28: Gospel Singing Retreat – Tony Backhouse is a composer, singer and Black gospel aficionado and directs acappella inspirational choirs.

www.tonybackhouse.com.au

JUN 2-5: Retreat with Ashram Yoga Queen's Birthday Weekend Retreat

www.ashramyoga.com

JUN 16-18: Introduction to Shamanism – John Broomfield shares his learning from Native American, Tibetan, Hindu, Balinese, Aboriginal Australian and Maori teachers

We are not alone, the shamans tell us. On a planet that is alive, conscious and inspirited, humans have many wise spirit allies for counsel and healing. We need to learn how to ask them questions and how to listen. A joyful, practical and playful weekend of shamanic drumming, journeying, remote viewing and soul retrieval. Group activities and solo explorations, both indoors and outdoors on Mana's magical land. www.eagle-tours.co.nz



JUN 24-25: Winter Solstice Work & Community Weekend

JUL 28-30: 5 Rhythms Dance Retreat – Christina Demmler is a superb guide in exploring the grace, beauty and power of life's unique dance

AUG 18-20: Winter Transformation – Leslie Kenton - real health comes from within and the only true 'guru' is the individual human soul

The process of becoming who you are is the most rewarding experience imaginable. It leads to authentic freedom and infinite creativity. Leslie helps you ground your spirituality and unique truth in your body and your everyday life so you walk your talk with joy. This course is about touching your essence - the soul learning energy techniques for transformation, tapping the power of intention and absorbing cutting edge information about how to create radiant well being. www.lesliekenton.com

AUG 25-27: Food Is Love – Peter Chaplin – whole-hearted connection to food, people and healthy living

Please check our website or phone for more information. Most programmes begin about 6 pm with dinner. Fees include tuition, shared accommodation and three vegetarian meals. Earlybird discounts available. Sep-Jan 2007 Schedule below:

- SEP 1-8: Soul Voice Certification Programme – Karina Schelde
- SEP 22-24: Dances of Universal Peace Reunion
- OCT 6-8: Gospel Singing – Tony Backhouse
- OCT 20-23 : Ashram Yoga Labour Weekend Retreat
- NOV 17-20: Osteopathic Studies Phase II
- NOV 24-27: Osteopathic Studies Phase III
- DEC 1-5: Men's Retreat – Sol Petersen
- DEC 8-10: New Balance Through Sound – Ruth Weimer
- DEC 11-15: New Balance Through Sound – Ongoing
- DEC 16-17: Summer Solstice Work Weekend
- JAN 4-11, 2007: Eyebody – Peter Grunwald

Mana Retreat Centre

RD1 Coromandel, New Zealand

Telephone 647 866 8972

Fax 647 866 8214

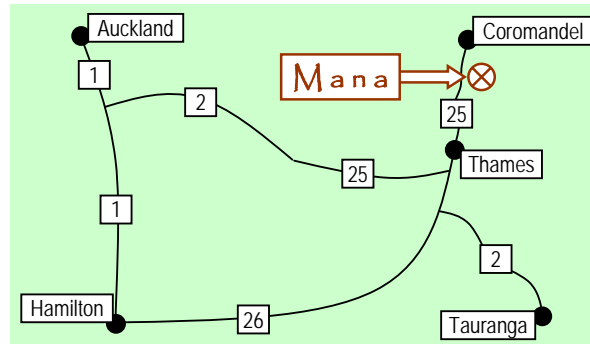
Email be@manaretreat.com

Web www.manaretreat.com

Mana

Coromandel, New Zealand

2006 Schedule



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-fringed coast line. After 38 km you will see the entrance to Mana on the right. There are also regular bus, ferry and shuttle services.

Workshops
Seminars
Conferences
Personal Retreats
Internships

Since 1988 Mana has been offering a wide 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...