

Mana

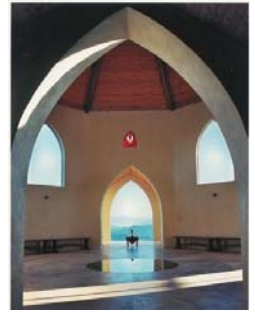
Tranquility Beauty Simplicity

www.manaretreat.com ph: 07-8668972

Spring 2005

Volume 3, Issue 1

NEWS



Mana Programme Spring 2005

September

Friday 2nd, 7-9pm

What's up on Planet Earth - Surviving the frequency shift from 3rd to 5th Dimension. The poles, equator and grid lines have shifted to an extent that airlines have recalibrated navigational equipment. The changes are impacting our health and lives. Kyrna shares how we can grow in harmony with the changes and offers a healing meditation.

Saturday 3rd, 9-5pm

The Transference Healing Beyond Doorways Workshop with Kyrna, *Telstra Business Woman 2000*

Spiritual, metaphysical and scientific communities agree that the earth and humanity are in a rapid significant process of change. We are ascending from a 3rd dimensional to a 5th dimensional frequency, creating a global awakening. Learn transformational healing procedures. www.livlif.com

10 — 14 (*note date change*)

Spring Cleanse Juice Fasting led by Lukas Hilterscheid, Mana Manager and health and wellness coach for professional sport teams and individuals. He teaches how to improve performance and wellbeing through exercise, nutrition and tissue cleansing and lectures and writes on nutrition, cancer prevention, weight management and other topics. The fast will be supported by many indoor and outdoor activities.

16 — 18

Spring Soul Camp with Michelle Trubuhovich. Join with like minded people for a magical weekend of relaxation and revitalization—meditation, yoga, dance,

massage and other soul nourishing activities. www.soulcamp.org.nz

23 — 25

Dances of Universal Peace Annual Re-UNION. Open to all those who love to come together to dance with or without previous experience. Celebrate our unity with all through sacred song and dance.

October

30 September — 2nd October

Yoga, Tai Ji and Pilates with Edna Levy, Mike Green and Sol Petersen. These arts combine relaxation, strength-building, and flexibility improvement that integrate mind and body and help find the true energy and flow we all possess. Beginners and experienced welcome.

14 — 17

Osteopathic Studies with Robyn Seamer and Manuela Da Rin. For professionals.

21 — 24

Ashram Yoga Labour Weekend Retreat with Swami's Bhaktimurti and Karmamurti. Yoga practices to open the Granthis, the blocks in subtle areas of the mind and personality.

27— 1 November

Biomesotherapy Training for registered health professionals. A new needlepoint therapy using -Heel homeopathic products to stimulate specific points (e.g. meridians) to activate and support the bodies natural ability to heal. Info: Megan Murphy, Bio-Medicines 0800 225 524

November

4 — 6

Forgotten How to Play? Here is an antidote to exhaustion and stress. Re-Treat yourself and rediscover life balance. Explore and enjoy a range of indoor and outdoor experiences.

13 — 18

Craniosacral Training 'Three Tides'

18 — 20

The Firedance Workshop with Gina Gibson. Sharpen your focus; balance, energize, flow and find your rhythm as you learn fire poi and fire staff and the essence of firedancing.

18 — 20

Peter Chaplin: Vegetarian Spring Menu and Christmas Dinner Ideas.

23 — 27

Embodied Leadership with Sol Petersen. Explore the heart of your leadership. Is your body vital, energetic and capable of expressing your presence in a way to fulfill your dreams.

December

30 November — 4 December

The Courage to be a Man with Sol Petersen. A retreat for any man wanting to live life more fully and honestly, using the inner warrior to seek his personal path and mission.

7—11

New Balance Through Sound an ongoing group with Ruth Weimer

17—18 Summer Solstice Work and Fun Weekend



Mana

is a beautiful venue for conferences, workshops and individual renewal. It is part of a 120 hectare farm overlooking Manaia Harbour just south of Coromandel Township.

40 bed lodge, Octagon conference room & large dining with views & fireplaces. Library, sanctuary, labyrinth, sauna, massage, aqua therapy, volleyball, tennis

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Poem of the Month Mevlana Jelaluddin RUMI

*Come, come, whoever you are.
Wanderer, worshipper, lover of leaving.
It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken your vow
a hundred times.
Come, yet again, come, come.*

'Come, come whoever you are...' Rumi

We would love you to visit us at Mana on the Coromandel Peninsula, New Zealand. We deeply value those of you who visit us so regularly that we consider you Mana Family. If you have never been to Mana, or if it has been a while, please consider taking time to join us soon – perhaps just for a bush walk or cup of tea in the first instance. Mana is not affiliated to any particu-



Yoga at the Sanctuary

lar ways or beliefs. We are a charitable trust dedicated to helping the world be a better place in the simplest of ways - through supporting individuals in their unique quests to become whole, healthy and spirited. At Mana you will encounter a friendly, open atmosphere, the most amazing views, beautiful walks through native bush, comfortable rooms for meet-

ing, dining, and sleeping, an exquisite sanctuary and labyrinth overlooking the sea and islands. Folk come to Mana for varied reasons – workshop participation, professional trainings, conferences, reunions, wellness holidays, self or guided retreats, eco-traveling, volunteer work. We dream of individual Mana Experiences creating ripples of goodwill and kindness and awareness throughout the world. See you soon—we hope!

Donna and Lukas...

and the Staff, Trustees and Volunteers

Healthy Vegetarianism by Eric Bakker B.H.Sc.(Comp.Med), ND, R.C.Hom.

A “Vegetarian” is a person defined as somebody who avoids all animal meats. Vegetarians who avoid meat, but do eat animal products such as cheese, milk, and eggs, are called lacto-ovo vegetarians (lacto = milk, cheese, etc.; ovo = egg) The people who totally avoid all animal products (including honey and some folk even all leather goods) are referred to as the vegans.

The key to optimal vegetarian health is quite straight forward. Simply include a wide variety of different foods in your diet – no one food source is nutritionally complete by itself. Vegetarians should carefully combine and choose their foods from quality grains, organic vegetables, legumes, nuts, seeds and spray-free fruits. Whole unrefined foods are best. Free range eggs and dairy are optional, although it would be better to skip the dairy due to the mounting research linking dairy consumption with many conditions such as auto-immune disease and cancer.

Protein:

Research indicates that an assortment of plant foods eaten over the course of a day can provide all essential amino acids. Most people can easily meet their protein needs by eating a variety of whole grains, legumes, and vegetables on a daily basis. Vegetarian foods high in protein: Tofu, tempeh, beans, almonds, adzuki, soy, baked & lima beans, seeds, soy milk, eggs, and cheese.

Iron:

About 30% of women are iron deficient in NZ. The richest plant sources of iron are dark green vegetables, molasses, brewer's yeast, pumpkin & sesame seeds, fermented soy products and legumes, whole grains, dried fruits, and nuts. Food high in vitamin C, such as fruits and greens, enhances iron absorption. Foods that can reduce iron absorption include: tea, coffee, milk, cheese, spinach, rhubarb, Swiss chard and chocolate.

Calcium:

Dairy products are high in calcium, but the calcium in plant foods is generally better absorbed than the calcium in cow's milk. Rich sources of calcium include dark green vegetables such as broccoli (two cups of broccoli contains 300mg of calcium, the same as a glass of cow's milk), and bok choy, kale, beans, tofu (made with calcium), tahini, sesame seeds, almonds, figs, seaweeds, and fortified soy milk. Since the consumption of meat increases calcium requirement (as well as induces osteoporosis), a person following a vegetarian diet may have much lower calcium needs although some plant foods contain oxalates and phytates which can inhibit calcium absorption,

Vitamin B12:

Vitamin B12 is produced by micro-organisms in the soil. In the past, root vegetables contained adequate amounts of B12. Today's scrubbed vegetables have most traces of B12 removed. Meat-eaters acquire B12 through micro-organisms living in the meats they eat. Most primates get B12 from dirt, insects and faeces containing B12 from bacteria. In our modern sterilized and sanitized yet polluted and toxic world, B12 extracted from bacteria provides the most convenient and reliable source. Lacto-ovo vegetarians receive small amounts of B12 through eggs and dairy. Obtaining enough B12 through a pure vegetarian diet is much more challenging. Cases of sub-clinical B12 deficiency are not rare in NZ. Many patients have been helped off anti-depressants by correcting the B12 deficiency. The human body stores a 2-7 year supply of vitamin B12, and it takes an average of 3 to 5 years for it to become depleted once a person follows strict vegetarianism without supplementing their diet. It's especially important for women to ensure B12 intake when pregnant or breastfeeding.

Best sources of B12: :

Organic vegetables, barley or wheat grass, nori, egg yolks, tempeh, and mushrooms have minimal levels of viable B12. Spirulina does contain high levels of B12, yet in a bio-unavailable form. It is really best to supplement to keep your levels topped up long term. For people who have been diagnosed as B12 deficient the daily dosage needed to restore levels to normal is 1 - 2 mg per day (2mg for one month followed by 1 mg per day). Then a daily multi-vitamin and mineral supplement containing B12 should be an essential part of the diet.

Do's and don'ts:

Do not go hungry. The body should be supplied with small amounts of food often, 3-5 meals between 7:00 am and 6:00 pm.

Use only moderate heat to prepare your food

Chew your food properly, about 20 times is enough. If food is not sufficiently broken, the enzymes cannot do their job and complete digestion cannot be achieved. You will also feel more full, eat less and have much better eliminations.

Drink filtered water (reverse osmosis is best), herb and fruit tea, and reduce intake of tea, coffee and alcohol as they inhibit the absorption of B12, iron, calcium and other nutrients.

Take a high-quality multi-vitamin & mineral supplement daily. One of your best natural sources of minerals are seaweeds. To detoxify you may initially require some herbs or nutrients to cleanse your system - please check with your naturopath first.

If you have concerns about a specific nutrient deficiency you can have your blood or hair tested.

A varied vegetarian diet provides you with all nutrients needed and is proven to be a powerful health promoting choice.