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Mana Programme Spring/Summer 2005

NOVEMBER

4 – 6 Forgotten how to play? Retreat Yourself!
Lindi O'Connor, Clancy Croft, Jeanene Savelkouls, Scott Bellamy, Mark Biggelar join their talents to provide "not so serious and fun" explorations of the inner self and the beautiful outdoor environment at Mana. The weekend promises many treats – antidotes to exhaustion, stress, ill health, relationship and financial concerns. \$325

13 – 18 Craniosacral Training 'Three Tides'

18 – 20 The Art of Firedancing with Gina Gibson.
 Poi Dance is a graceful, energizing, joyful way to breathe deeply, relax and put thinking aside. Learn, practice and master techniques that automatically balance the left–right brain, open the chest, give the body a workout and help you connect to your unique flow and rhythm. Gina is a patient, fun teacher, skilled at identifying why your poi keeps hitting you! \$280 tuition, accommodation and meals.

18 – 20 Celebrating Spring and Vegetarian Christmas Menus with Peter Chaplin. Peter's recipes and menus combine delicious feasting with being good for our bodies. Preparing meals for international superstars honed his flair for creating tasty, vibrant foods. Peter loves teaching – friendly, upbeat, and engaging, he inspires and encourages. A hands-on workshop, small in

numbers, allows for individual one-on-one coaching. When not playing with food, Peter can be found with his favourite playmate, 2 year old son Carlos. See his book "Rock Around the Kitchen: fresh, funky food that happens to be good for you".

23 – 27 Embodied Leadership with Sol Petersen. The drive to achieve is often a stressful journey with the body paying the price, the physical symptoms a cry for attention. Is your body vital, energetic and capable of expressing your presence and leadership, helping to fulfill your dreams? Do you take quiet time so your active creative mind can rest, breathe, and expand to higher levels of clarity and intuition?

DECEMBER

30 November – 4 December The Courage to be a Man with Sol Petersen. The mature man is an inner warrior. He knows the major battles in his life will be fought and resolved within himself. He has the courage to seek his personal path and mission in this life. A retreat for any man wanting to live life more fully and honestly.

7-11 Balance through Sound Training ongoing training with Ruth Weimer.

17-18 Summer Solstice Work Weekend. Bring vegetarian food to share and come for friendship, fun and good work—help clean, clear, beautify Mana.

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 and large dining with expansive views, fireplaces and easy flow to the organic gardens and native bush walks.

Library, sanctuary, labyrinth, sauna, massage, aqua-therapy, volleyball, tennis.



Mana Programme 2006

JANUARY

7–13 Eyebody: The Art of Integrating Eye, Brain and Body with Peter Grunwald. Intended to improve eyesight, vision, posture, movement, relaxation, imagination and functions of the brain. For beginners, intermediate, advanced and teacher level participants. Alexander Technique principles and the Bates Method are linked to Peter's unique discoveries of the Eyebody Patterns. Based on Peter's book: *EYEBODY- The Art of integrating Eye, Brain and Body*. \$850 Tuition, \$570 Accommodation and meals.

15–22 Closer and Closer to my Beloved with Radha Tereska Buko and Alima Jeanne Ross, USA. This Dances of Universal Peace retreat offers opportunities to deepen through the esoteric practices upon which the Dances are built—breath, mysticism of sound, concentration, body awareness, the walking meditations and the unity of religious ideals. Radha, a beautiful leader, brings a wealth of international experience in training and mentoring the Dances. Alima is a gifted musician offering musicianship and vocal training. \$585, \$565 DUPANZ members.

29 January—10 February Sheng Zhen Teacher Training—Qigong system

'A human being is part of a whole...' Einstein

We would love you to visit us at Mana on the Coromandel Peninsula, New Zealand. Mana is not affiliated to any particular 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 meeting, 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, Lukas...and the Staff, Trustees and Volunteers

A human being is part of a whole called by us the "Universe", a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

FEBRUARY

10-13 The Tao of Healing Love with Gabrielle Euteneuer. Jing Qi (sexual essence) contains the power of self healing, nourishment, joy, spontaneity and vitality. Learn how to cultivate, transform and circulate the sexual energy in your body. The course includes instruction in bone marrow cleansing to strengthen and energize bones, the immune system and blood quality. Qi in the bones counteracts the effects of age.

17–19 Experience Soul Resonance—Reinhard Kanuka-Fuchs, 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 and dancers will inspire and link ideas and experiences.

24-28 The Tao on Inner Alchemy—Gabrielle Euteneuer. This practice of Taoist wisdom is an adventure for anyone interested in spiritual growth, intuition and Tao awareness. The most effective Taoist meditations in transforming negative emotions to pure natural energy. Learn to circulate Qi or 'virtuous energy' through the major organs. Improve the immune system and open to forces that strengthen intuition, clarity and spiritual growth.

MARCH

2-6 Bio Medicine Training for Health Professionals
10-13 Osteopathic Studies for Professionals
23-27 Embodied Leadership—Sol Petersen

APRIL

13-17 Teachings on Love—Stephanie Dowrick (Easter)
21-25 Bliss Out—Catherine and Nasir Grace (Anzac w/e)

MAY

1-7 The Soul Voice—Karina Schelde
12-14 Becoming Woman—Claire Wallwork
19-21 Psyche and Soma—Louisa Walker
26-28 Gospel Singing—Tony Backhouse

JUNE

2-5 Retreat with Ashram Yoga (Queen's B'day)
16-18 Introduction to Shamanism—John Broomfield
24-25 Solstice Work & Fun Weekend

