

Get Strong Get Fit Get Centred

Optimal Health & Fitness for Men

at Mana Retreat, Coromandel

Wednesday, March 22 (eve) – Friday, March 24, 2 pm, 2006

*A 2-day opportunity to Cleanse, Relax, Rejuvenate and Restore the Body,
Mind and Spirit with the Optimal Health Team at Mana.*

This comprehensive 2-day retreat is designed to support you in achieving optimal health and well-being. Take some well-deserved time out to listen to your body, relax and revitalize with this unique holistic approach. Develop your resilience and rediscover your energy in the pristine beauty of the Coromandel.

Rejuvenation: daily Tai Ji, QI Gong and walks, create a personalized exercise programme

Restoration: bodywork, therapeutic massage and watsu aquatic therapy available, breath-taking views, bush walks, the beauty and silence of Tara Sanctuary

Relaxation: meditation and relaxation techniques, soak in the spa or swim in the pool

Cleansing: delicious organic vegetarian cuisine, sauna and skin-brushing

Self-care: educational presentations on specific health issues for men from depression and stress to prostate cancer and nutrition - learn how to stay healthy!

The Optimal Health Team at Mana is a group of professionals experienced in the areas of health care, nutrition, exercise and personal training, detoxification, bodywork, counselling and mind/body approaches to medicine.

Sol Petersen- psychotherapist, rehabilitation specialist and movement coach

Dr. Bryan McLeod- GP with an interest in complimentary therapies

Rod Fielder- personal trainer and health consultant

Lukas Hilterscheid- nutrition and fitness consultant

Special one-time offer only \$195.00 Covers food, accommodation, food and tuition.

Extend your health retreat to 4 days - stay on for the weekend programme-
A Place for Healing, the Journey of the Sweatlodge for a total price of only \$390.

To Register: Please send \$50 deposit to Mana Integrative Therapies, RD 1, Coromandel. For further information call Sol on 07-8668971 or 021 893055 sol@theradiantbody.com or Mana Retreat on 07-8668972

www.theradiantbody.com or www.manaretreat.com