

**A Place for Healing**  
**The Journey of the Sweatlodge**  
**March 24-26, 2006**  
**at Mana Retreat Centre, Coromandel**

**This weekend is a time for men and women to come together and seek the shelter of the mountain and forest, to sing and pray together and to enter the world of the sweatlodge**

**The sweatlodge is a healing ritual of the North American native tradition. It is a unique experience that is offered as a journey of physical purification, a personal initiation and a symbol of the challenges and fires we face in our work, our relationships and our life. The participants sit in a lodge built on the earth, around a pile of hot rocks, speaking, sharing stories, song and prayer. While the sauna is primarily a physical cleansing process, the deeper enquiry we bring to the darkness and warmth of the sweat is “What is the healing my body, mind, heart or spirit is longing for?”**

**Sweat Your Prayers** We must bend down to enter the lodge and this is a gesture of the humility required to come to a deeper understanding of the mystery that we are. It is a special and powerful experience to sweat your prayers in the safety of the lodge and the sweat has helped many through difficult transitions. Most people are touched in very surprising ways with responses that range from a sense of deep cleansing, of unity, a feeling of being part of the earth and healing old or new wounds. You will be guided by Sol Petersen, a sweatlodge leader with many years of experience. Each person is free to participate as fully or as lightly as is appropriate for them. Although there is a charge for the weekend experience, if anyone cannot afford the fee, please contact us and you will be accommodated.

**Mana Retreat** is a beautiful residential centre situated in the bush of the Coromandel hills, fifteen minutes south of the town of Coromandel, near Manaia. It is a good place to touch the earth.

**The Facilitator:** Sol Petersen has been nourished by the healing power of the Sweatlodge over the last thirty years. He is a long time leader of transformational seminars, a psychotherapist and bodywork specialist.

**Cost:** including food and accommodation is \$195.

**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](mailto:sol@theradiantbody.com) or Mana Retreat on 07-8668972

**[www.theradiantbody.com](http://www.theradiantbody.com) or [www.manaretreat.com](http://www.manaretreat.com)**

