

Easter 2006, 13-17 April

The theme of the 2006 Easter Retreat is especially beautiful. Stephanie Dowrick will look each day at key teachings on love from the great faith traditions, and talk in detail about their relevance to our contemporary needs, building the rhythms of compassion, inwardness, peace and stability. There will be long meditations, partly guided, partly silent, each morning and evening, and a period of extended silence in the middle of the day. The day's theme will expand into some focused exercises for self-discovery and there will be plenty of time for questions, discussions and easy socialising with the other retreatants. But the experience of love through inner peace, tranquility and silence will be central to the entire period. There will also be the opportunity to join in an evening of Dances of Universal Peace, and to greet Easter Morning in Mana's chapel with a simple, uplifting interfaith service and gifts of music.

Mana Retreat Centre is situated outside Coromandel, New Zealand, in one of the most inspiring physical locations on earth. High on a hill, Mana looks out over unspoiled countryside towards the sea. The facilities include a spacious octagon retreat room, a magnificent interfaith sanctuary, a library and dining room. The accommodation is clean and comfortable, but not luxurious. The vegetarian food, however, is delicious. Transport can be arranged from Auckland and Auckland airport.

The retreat begins with dinner at 6pm on Thursday 13 April and will end Monday 17 March in the afternoon.

Earlybird if paid in full by 10 March is NZD\$650, or after NZD\$695. Cost includes shared accommodation, all linens, delicious vegetarian meals and the use of all facilities.

Numbers are strictly limited. For all enquiries please contact Mana direct: be@manaretreat.com
www.manaretreat.com Tel: + 64 7 866 8972.

Stephanie Dowrick is widely known for her internationally best-selling books, including *Intimacy & Solitude*, *Forgiveness and Other Acts of Love*, *The Universal Heart* and *Choosing Happiness*. She has been leading workshops and retreats for many years and is now an ordained interfaith minister. For more information about Stephanie and her work please visit www.stephaniedowrick.com