

# Mana Wahine Wellness Retreat

nau mai, haere mai ki te hui whakahaumanu wahine

Pakuratahi, Remutaka

25-27 October 2019 • Cost: \$350

(Fully booked - further retreat dates coming soon!)

This three-day retreat is designed for Māori women working towards kaupapa Māori transformation within workspaces, Māori communities, whānau and hapū. The retreat will be hosted by Yogahā in partnership with the kaupapa Māori consultancy, Tiaho Ltd. It will be held in the Yogahā studio in the Hua Parakore whānau food farm, Papawhakaritorito, situated in Kaitoke just 35 minutes north of Wellington. The retreat will be led by Jessica Hutchings founder of the Yogahā studio, Yogahā teacher and experienced wellness retreat organiser.

The wellness retreat will provide a space for you to join with other Māori women also working at the interface of racism, system oppression and transformation. We offer a reflective environment to connect with like-minded women to deeply relax into wellness through expertly sequenced yoga sessions to suit all levels, hua parakore kai and reflective writing.

Cost includes workshops and all kai (except Saturday night dinner)— Travel and accommodation are additional costs for participants. Maximum number of participants is 12.

E-mail Helen Potter to make a booking and enquire about accommodation options [helenpotter@xtra.co.nz](mailto:helenpotter@xtra.co.nz)



## Hōtaka Hauora

### Rāmere 25 October

#### 12 NOON

Settle into accommodation

#### 2PM

Arrive at the Yogahā Studio (Kaitoke, Upper Hutt, Wellington)

Retreat opening

Whakawhanaungatanga

#### 4-6PM

Restorative Yogahā session

#### 6.30-8.30PM

Dinner

### Rāhoroi 26 October

#### 8.15AM

Arrival

#### 8.30AM

Guided mindfulness meditation

#### 9.30AM

Chai

#### 10-12 NOON

Yogahā session

#### 12-1.30PM

Kai o te Poupoutanga o te ra

#### 1.30-2.45PM

Writing for wellness

#### 3-4.30PM

Yogahā session

#### 4.30PM

Day two ends

### Rātapu 27 October

#### 8.30AM

Arrival

#### 8.45AM

Guided mindfulness meditation

#### 9.30AM

Chai

#### 10-12 NOON

Yogahā session

#### 12-1PM

Kai o te Poupoutanga o te ra

#### 1-2PM

Fermented vegetables demonstration and gut health kōrero

#### 2-3PM

Closing meditation

[jessicahutchings.org.nz/yogaha](http://jessicahutchings.org.nz/yogaha)  
[jessicahutchings.org.nz/tiaho](http://jessicahutchings.org.nz/tiaho)

Tīaho mai kia oranga ai.