

Womens wellness weekend



Take some time out for some well deserved, guilt free self-care, education, and deep rest.

Spend two nights with a group of **like-minded women** soaking up the peace and healing power of NZ's stunning native bush at **The Aio Wira Retreat Centre** nestled in the middle of the Waitakere Ranges, close to Bethells Beach, Auckland, New Zealand.

Fri 15 - Sun 17 Oct 2021

From NZD \$599 pp all inclusive

What's in it for me?

When you invest in you and take time out for yourself, you're investing in your health, vitality, and overall wellness. There is something really special that happens when a group of women connect. Come find that magic of connection and relaxation. Fill your cup sister!

Inclusions:

- Two nights' accommodation, arrive Friday afternoon, depart Sunday afternoon
- Mouth-watering vegetarian meals
- Two sunrise yoga classes
- Restorative Yoga sessions
- Naturopathic wellness workshops focusing on Hormonal Health
- Rest and heavenly relaxation
- Self-reflection
- Surprisingly good movement
- Heartfelt connections
- Extensive learning and co-creating
- Sugar scrub workshop
- Laughter, respite, hilarity, and fun



Go4it Travel

Carole Garnham
T. 757 2885
E. carole@go4it.co.nz