

NOWSPACE SEVEN DAY RETREAT



February 17th - 24th, 2012

Mana Retreat Centre
Coromandel, NZ

Registration

Three Easy Steps:

1. Register Now by emailing info@nowspace.co.nz to secure your place
2. Pay the deposit before 5th October, 2011
3. Pay the Balance before 5th December, 2011

Payments:

Non-refundable Deposit Due before 5 th October, 2011	\$ 550.00 NZD
Balance Due before 5 th December, 2011	\$1,200.00 NZD
TOTAL PAYMENT	\$1,750.00 NZD

Payment Options:

1. Post NZ\$ Cheques to Nowspace, P O Box 25 218 St Heliers, Auckland
2. Direct Credit to 02-0261-0019922-00 – please insert your name as the reference
3. If you live outside of New Zealand please pay using International Funds Transfer through your bank. Please add \$10 for the NZ handling fee. Australians can save time and fees by paying in full rather than paying fees twice. You will need the following account information:

Account Name: Nowspace

Bank Name: BNZ

Branch address: Cnr St Heliers Bay & Polygon Roads, St Heliers, Auckland

Swift code BKNZNZ22

BSB No 020261

Account No: 02-0261-0019922-00

Travel & Dietary Requirements:

We will send you a questionnaire regarding this once we receive your registration.

NOWSPACE SEVEN DAY RETREAT

17th - 24th February, 2012
Mana, Coromandel, NZ



Other Information

Venue: Mana Retreat Centre, State Highway 25, Coromandel

Retreat Starts: 12 noon on Friday 17th February, 2012
Lunch will be provided at the retreat centre on arrival

Retreat Finishes: 12 noon on Friday 24th February, 2012

Travel arrangements:

Self-Driving:

The Mana Retreat Centre is about 2 ½ hours from Auckland City on the beautiful Coromandel Peninsula. If driving, instructions are available on the Mana website www.manaretreat.com

Accommodation in Auckland:

If anyone requires accommodation in Auckland prior to the retreat, we have listed below a few hotels we would recommend in Auckland city and one at the airport. Please contact them directly to make your arrangements. You can perhaps team up with others coming and share the cost of a room. Many more hotels can be found on www.wotif.com if you prefer.

Airport Hotel:

1. The Bella Vista Express Hotel (was Ventura Inn & Suites) is located at 14 Airport Drive and they run a free shuttle bus to and from the airport.
www.venturainns.co.nz

City Hotels:

2. Mercure Hotel
They have two hotels in downtown Auckland at reasonable prices.
www.mercure.com
3. Sebel Hotel
This hotel is pricy but is right on the Viaduct and is in a fantastic location.
www.mirvachotels.com/sebel-suites-auckland

Transport to Mana Retreat from Auckland:

We have arranged a Chartered Bus which will leave from the Mercure Hotel on the morning of Friday 17th February at **9am**. It will be around a 2 ½ hour trip and the cost is \$120.00 NZ return.

Domestic Terminal Pick Up:

If you are arriving at the airport on the morning of the 17th the bus will pick up passengers from the Domestic terminal at 9.45am. When booking your flights, please make sure you allow enough time to meet the bus. One of the NZ teachers will be at the airport to help co-ordinate this.

Return Trip:

The return Bus leaves Mana on Friday, 24th February at 12.30pm arriving at Auckland Airport around 2.30pm, then continuing on in to the city.

Retreat Accommodation:

Mana has a great selection of comfortable rooms with a maximum of four beds in one room, there are no bunks. There are ample bathrooms for the number of beds and bedding is supplied. If you are a couple or travelling with someone let me know so you can share a room.

There is a beautiful Sanctuary (Temple like structure) which is a 20 min walk through the bush from the main centre.

What to Bring:

Personal toiletries

Comfortable clothing (It will be warm, but may get cool in the evenings)

A torch,

Walking shoes,

Blanket for meditating

Pair of socks/slippers for indoors.

Bathing suit,

Suntan lotion,

Insect repellent,

Water bottle

An extra towel may be handy as well, for swimming or the sauna

A Yoga mat if you have one

Yoga:

Gentle movement helps the body and the nervous system to release toxins and stress when you are meditating for longer periods of time. Therefore, we start the day with a gentle yoga session. This will be taught by Sukradeva who is a qualified yoga instructor. (Yoga is not a competitive activity; you only need to do what your body is able to manage.)

Food:

Mana offers great vegetarian food; they will serve breakfast, lunch and dinner. Anyone who has food allergies or special dietary requirements please let us know in advance so that they can be advised ahead of time.

We suggest you eat lightly when you are doing longer hours of meditation, which slows down your metabolism; this helps you have a deeper experience of meditation.

Meetings:

A meeting will be held each morning for the first few days just to allow a gentle transition into the retreat situation from the pace of your usual daily life.

Each evening, after dinner, we get together and share the day. Evening meetings are the balance of the daily discoveries of your experience of Ascending and are an inspiring time dedicated to sharing the teaching of Nowspace and the discovery of Truth. More importantly, the meetings are a time for you to get direct guidance from the teachers in establishing a profound understanding and solid knowingness of what the stillness is for you. Our teachers like to have fun and this is our time to give to you. The more you play with us the more you get from your course.

Advanced Attitudes:

Attitudes from the 2nd to 5th spheres are available to you. We will discuss these in more depth with you on the retreat. Attitudes cost \$100 NZD each.

Extra Treats:

The Mana Retreat Centre offers massage and other bodywork therapies for those who would like to add this to their retreat experience. This can be arranged at the Centre when you arrive.

Daily Routine:

Each day will start with a light yoga session

Followed by breakfast

Morning meeting

Meditation

Lunch

Meditation

Walk

Dinner

Leisure time, you may want to enjoy a sauna.

Evening meeting

We look forward to having you on this retreat. Please don't hesitate to contact us if you have any further questions.

Love and peace,

The NZ & Australian Ishayas