



Wellness Retreats 2021 Season
Enquire Now

This is an exclusive retreat experience and spaces are limited!
To book your retreat spot email: mel@wellnessretreatsnz.co.nz



Wellness Retreats NZ 2021 Season
Surf and Yoga Retreat

*A Luxury Wellness Experience for Women
in Waipu Cove, NZ.*



Join us for this 4-day / 3-night premium retreat package from Friday 26th November - Monday 29th November 2021 with Surfing and Yoga at Waipu Cove, NZ.

Hosted by Wellness Retreats Founder, Director and Yoga Instructor Mel Carroll, alongside Wellness Practitioner Nikola Magerkorth, embody the healing power of the ocean with this intimate escape in the North Island, New Zealand.

Our tranquil setting overlooking Waipu Cove offers a stunning backdrop for a heartfelt, playful and nourishing long-weekend.

Expect to race your heart and rest your soul - your days on retreat will consist of surfing lessons with the local surf school (no experience necessary), nourishing cuisine and all forms of yoga.

With four full days, this wellness experience is perfect for those looking for an adventure getaway to rejuvenate, laugh and connect.

wellnessretreatsnz.co.nz



Premium Package Inclusions

- * Deluxe accommodation for 3 nights; private or twin share accommodation options available with ocean views.
 - * Bespoke wholefood menu curated by the resident chef, catering to all dietary requirements.
 - * Morning flow yoga with Yoga Instructor Melissa Carroll.
- * Afternoon yin yoga and evening yoga nidra with Yoga Instructor Nikola Magerkorth.
- * Daily 2-hour surf lessons with local surfing instructor which includes surf boards, wetsuits, rash vests etc
 - * Wellbeing workshop hosted by Naturopath Nik Magerkorth.
- * Access to all on-site amenities including outdoor hot tub and swimming pool
 - * Deluxe goodie bag
 - * Complimentary Wi-Fi.
 - * Recipes and wellness tips post-retreat.



While this retreat is an action-packed, adventurous four-full-days, there is plenty of downtime for journaling, reading, swimming in the pool, soaking in the hot tub and the opportunity to truly turn within and heal your body and mind.



This unique venue immediately transports people into another world with five acres of garden and natural bush.

Accommodation

Paradise View is located just 10mins from Waipu, 1.5 hours from central Auckland and only 30 minutes from Whangarei. Sheltered high up in the Brynderwyn Hills, the retreat overlooks stunning Bream Bay on New Zealand's north-east coast.

Lovingly built to ensure that every room, including the Yoga room, has an amazing view, with huge panoramic windows letting in plenty of natural light.

Accommodation is a mix of twin share, single and double rooms. Each room is beautifully appointed with luxurious furnishings, access to an outdoor deck, and plenty of privacy to enjoy quiet moments to yourself.

The modern bathrooms are bright, airy and spacious. Several rooms have en-suite facilities and those sharing bathrooms only share with one other bedroom.



Image® Paradise View.



Hosts and Wellness Practitioners



“I’ve learnt from personal experience that putting health and happiness first is the most important thing in life.”

Melissa Carroll
Founder, Wellness Retreats NZ and Yoga Instructor.

I created Wellness Retreats NZ in 2014 to inspire and guide others on their journey to healthier and happier lives. For me, it’s all about connecting and being able to assist and help every single individual.

For this reason alone, our retreats are bespoke to ensure a tailored and intimate experience where everyone comes away with unique results.

With a background in international retreat management; hosting over 200 retreats and managing a world renowned and award-winning women’s retreat in Bali for two years, I’ve been privileged to help people as they undergo life-changing transformations by making important changes on a physical and mental level.

I’m also a certified yoga instructor, completing my 200-hour Vinyasa training in Seville, Spain in 2013 and currently teach weekly classes to corporate and private clients for those looking to bring wellness into their every day.

I look forward to joining you on your wellness journey... welcome to Wellness Retreats NZ!



Nikola Magerkorth
BA, BNHM, Yoga Teacher, mNMHNZ, 200RYTT

Nikola is an advocate for ‘healing the whole’. With a passion for movement and wellbeing, Nikola has dedicated the last decade of her life to living and studying the Sister Sciences of Naturopathy and Yoga, channelling these ancient healing arts into modern-day life-enhancing offerings.

With a corporate background in communications and a BA from The University of Otago, Nikola is a registered, and qualified Naturopath, Medical Herbalist and Yoga Teacher offering a holistic and therapeutic approach to her yogic teachings and naturopathic philosophy.

The Sister Sciences are deeply interwoven into her offerings. As a Naturopath and Herbalist, Nikola believes in holism and views the body as an inter-connected system, treating clients as a whole person rather than an isolated condition.

Living and breathing her values and principles, Nikola is a compassionate and holistic Yoga Teacher, who crafts thoughtful, dynamic sequencing with a great emphasis on Pratyahara (turning inward), Pranayama (breath control), Yoga Philosophy, well aligned Asana (yoga poses), in both Vinyasa and Yin yoga.

With over a decade of dedicated practice to Yoga, and experiencing first-hand the healing benefits to the body and mind of her natural crafts, Nikola is passionate about sharing her love of Yoga, Naturopathy and Wellbeing with others.

Location



Located just 1.5 hours from Auckland, enroute to the renowned Bay of Islands and 30mins from Whangarei and Mangawhai, Paradise View Retreat is a wonderful choice for a peaceful, private and relaxing getaway at any time of the year and an excellent coastal base for exploring the many attractions of this much loved region.

There is a vast array of places to visit and things to do including the renowned Lang's Beach, Waipu Cove, golf courses, bird watching and walking, wineries, mountain biking and of course surfing!

Pricing and Booking Details



**Private room with King Bed and ensuite ~ \$2195pp
(all inclusive)**

**Private room with King Bed
sharing a bathroom with one other guest ~ \$1895pp
(all inclusive)**

**Private room with King Single Bed
sharing a bathroom with one other guest ~ \$1795pp
(all inclusive)**

**Twin share room with King Single Beds
sharing a bathroom ~ \$1595pp
(all inclusive)**

Terms and Conditions

Daily scheduling may change slightly. Bookings essential. To hold a space, we require a non-refundable† \$500pp deposit. The balance is then due 6 weeks prior to the retreat date.

†No deposit refund due to change of mind or personal circumstances.

Should this event need to be postponed due to Covid-19, we will reschedule to another date. If you are unable to attend the new date you will receive a full refund. We also suggest that any associated travel and additional accommodation be booked with full flexibility. If a flexible rate is not booked, you may not be entitled to a refund. If you need to cancel your booking we require notification in writing at least 30 days prior to the start date of the retreat.

All cancellations that are 3 months or more before the retreat will receive a full refund minus a \$50NZD registration fee. All cancellations that are between 1-3 months before the retreat will receive a 50% refund. All cancellations that are less than 30 days prior to the start date of the retreat will not receive any refund of the retreat fees.



Beginners Welcome!

Switch off, tune in and learn a new skill! We will cater for all levels of surfers and yogis alike, so grab a girlfriend and join us on the mat and in the ocean!

Surf and Yoga Retreat Testimonials

I attended a 4-day Surf & Yoga Retreat with Wellness Retreats NZ this year and it exceeded all my expectations. Mel is a beautiful person who looks after everyone with deep care and attention. The yoga was beautiful and the surfing was amazing! I came home feeling more relaxed and refreshed than I have in a long time. I feel like I have pressed a reset button on my life and I now have clear goals of new things I want to bring into my life, some things I want to give up and what I want my life to look like going forward. I cannot recommend Wellness Retreats highly enough!
Judy ~ Jan 2021

“10/10 - what an incredible few days. The attention to detail was fabulous and everything was so well thought out – a wonderful experience. Thoroughly appreciated all the work, effort and time that had gone on behind the scenes to prepare for this life-changing retreat. As guests, we were able to arrive, relax and enjoy ourselves with not having to think about a thing. Pure bliss! Thank you, thank you, thank you”.

Amazing retreats!!
Highly recommend if you want to feel relaxed and inspired, and to meet some lovely new friends ... worth every cent!”

I arrived on the Surf & Yoga Retreat from the drive up to Waipu Cove weary and exhausted from the previous year and all that it delivered. I left lighter, excited I had learnt to surf, relaxed from the most gorgeous yoga classes and company of other like-minded women and inspired for the year ahead. Loved every minute of my time on retreat. Thank you so much Wellness Retreats NZ. I highly recommend this retreat, it was so much fun!
Jacquelynn ~ Jan 2021

I have now been to three retreats with Wellness Retreats NZ, Mel and her amazing team. I have again been blown away by the superb location, yoga, fitness and wellbeing workshops. The level of detail taken by the team makes Wellness Retreats a must do! I cannot wait for my next retreat!
Nikki ~ Feb 2021

I have just completed a Surf & Yoga Retreat with Wellness Retreats NZ and it was an amazing experience from learning to surf to restorative yoga, the beautiful view to sharing it with a great bunch of women. The time away was truly memorable, a gift to myself and just what I needed.
Stephanie ~ Jan 2021