

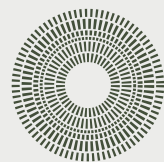


Enquire Now
Wellness Retreats 2023 Season

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

Wellness Retreats NZ 2023 Season
VITALITY WORKSHOPS DAY RETREAT

A Luxury Retreat for Women and Men
at Karioitahi Beach, NZ.



WELLNESS RETREATS

NEW ZEALAND



Welcome to our mid-Winter reset!
Join us for this one day premium retreat on
Sunday 25th June 2023 from 9:30am – 4pm
at Karioitahi Beach, NZ for NZD\$325pp.

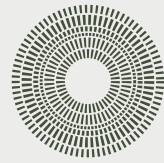
Are you feeling anxious, tired, stressed or burnt out?
Is everyday life feeling overwhelming?
Are the winter blues getting the best of you?
Is your mind, body or soul craving a rejuvenating reset?

Our day-long Vitality Workshops Retreat is designed to tackle these common issues and bring us back into balance for the rest of 2023.

Our incredible line up of New Zealand's leading wellness practitioners will light the way out of fatigue, stress, depression, and anxiety, with practical solutions and strategies to find much needed vitality in our everyday lives.

Escape with us for the day, enjoy a nourishing and delicious lunch, connect with like-minded people, fill your cup, and watch the stress melt away as you learn the way to newfound wellness all whilst enjoying the most spectacular ocean views.





WELLNESS RETREATS

NEW ZEALAND

FULL DAY RETREAT SCHEDULE

9.00am: Arrival & Registration**.

9.20am: Welcome, Leading a Balanced Lifestyle and Restorative Yoga
~ Mel Carroll, Founder/Director of Wellness Retreats NZ

10.30am: Rewiring for Resilience
~ Kristy von Minden, Accredited Mindfulness Teacher, Keynote Speaker & Facilitator

11.30am: Food for your Mood and Mental Wellbeing
~ Abbie O'Rourke, Registered Nutritionist

12.30pm: Lunch
~ A delicious & nourishing healthy lunch (Gluten & Dairy Free)

1.30pm: How to Hack your Sleep
~ Gareth O'Donnell, aka Coach G & Director of Product Edison Clinic

2.30pm: Break for Afternoon Tea
~ Healthy snacks, kombucha & herbal teas

2.45pm: Yin Yoga to Energise and Boost Immunity
~ Mibella Villafana, Yoga and Pilates Teacher

3.45pm: Q&A / Close

** The option is available to book accommodation the night prior or after the day retreat. Please let us know and we can check availability for you.

Upon departing, attendees will leave with newfound knowledge, wellness tips and newfound friendships.



A selection of local wholefoods and refreshments will be available over the course of the day including a wholesome nutritious lunch, herbal teas and healthy snacks.



WELLNESS RETREATS

NEW ZEALAND

WORKSHOPS

1. Nourishing Flow Yoga.

Yoga strengthens our awareness between the mind, body and soul. We are all beginners when it comes to practicing yoga and starting the process of understanding our bodies and self. This session is the perfect place to get over any preconceived ideas about yoga and get into the feeling of you, of what feels good for your body and mind.

You may not touch your toes in this lifetime but it's all about the process and journey along the way! Whether you're a committed yogi or a newcomer to the practice, you'll find the guidance and encouragement you need to find inner balance and strength. Enjoy a nourishing flow to get you grounded, connected, breathing and set for the retreat day!

2. Rewiring for Resilience.

Despite the highest levels of wealth and access to information in history, research shows we are more stressed than ever. We'll explore why this is, look at the science of stress in the context of the 21st Century, explore the mind-body connection, where stress comes from, what's happening when we are in the stress response and most importantly, how neuroscience tells us we can rewire our brain in eight weeks to be calmer.

During this workshop we:

- Explore the well proven mental, emotional and physical benefits of cultivating a daily, self-led wellbeing practice.
- Delve into the science of stress (where stress comes from and what happens in the brain and body when we are stressed).
- Learn how to identify when we are activating 'fight or flight', how we can switch it off, triggers for your stress and the relaxation response plus how your body and mind's feedback signals when you are spending too much time activating 'fight or flight'.
- Discover why stress is not the problem and how we can shift our focus to the relaxation response to rewire our brain's overactive stress response in 8 weeks.
- Learn five simple, fast, science-based relaxation tools for busy people.

3. Food for your Mood and Mental Wellbeing.

The food we eat, or more specifically the particular macronutrients and micronutrients we digest and absorb from our food, can have an effect on our mood, which then has a flow-on effect around how we feel. It is essential to show the link between stress, sleep, and appetite hormones, plus highlight how caffeine and sugar are also linked. We take the time to look at WHY we are eating foods that do not serve us well and how we can make healthier changes that have a profound impact on our physical brain health, anxiety, depression, and our moods.

4. How to Hack your Sleep.

The lost art of sleep has been in a slow decline for over 100 years, ever since we invented the light bulb! The impact of our modern lifestyle behaviours on sleep quality we are only just beginning to understand thanks to advancements of sleep measuring health devices. We can now demystify what's actually happening during the small hours of the night more accurately than ever.

Sleep is the swiss army knife of health, it's the only tool capable of rejuvenating the body and brain with a single 7.30-9 hour period, So It stands to reason then that we should prioritise our best practice when it comes to achieving the highest quality recovery possible.

What you'll learn:

- What are the key mechanisms of action for healthy circadian function
- Aligning your lifestyle behaviour to your chronobiological clock
- How to optimise your nutrition to maximise sleep yield
- Customise your sleep practices to improve Deep and REM sleep
- How to use sleep tech monitoring (Fitbit/Whoop/Oura) to measure how well your body/mind is regenerating.

5. Yin Yoga to Energise and Boost Immunity.

This will be a guided meditation using relaxing Pranayama, or breathwork techniques, that effectively calm the nervous system and create clarity and focus within the mind. This is followed by Yin Yoga which is a form of movement meditation that allows you to anchor the mind by experiencing long holds in relaxing positions. This practice is a very powerful tool to reprogram the mind and kick start your own body's immune system to heal and regenerate naturally. You will develop simple techniques to regulate the nervous system through this practice that you can utilize off the mat at any time.



Castaways Resort is the ultimate location to recharge your batteries and feel invigorated from the inside out.

VENUE & LOCATION

Situated on the wild coastal cliff tops of Karioitahi Beach on the west coast of Auckland, Castaways Resort is perfect for a retreat escape.

Guests are welcomed with a sense of being far away from the clutter of everyday life, and invited to find shelter at the core of what is truly beautiful and peaceful.

All of this within 70 kilometres from the Auckland CBD and airport and 115 kilometres from Hamilton.



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