

Empowering Growth Retreat

Time out for you to reset and renew



What to expect?

- Airport transfers
- Yoga
- Sound bath
- Nourishing vegetarian meals
- Meditation & breath work
- Nature walks & sauna
- Empowering sessions with Dharan Longley (Wellbeing Counsellor)

Dates

24 - 26 May 2024

18 - 20 October 2024

Accommodation

Options like glamping, huts or staying in a beautiful house. Please reach out for the details.

Take some time for yourself, reset and renew into the true you. Learn tools to harness the power to create.

Info@gentlecyclng.co.nz

0800 932 453 / 03 929 5652

Location: Appleby House - Rabbit Island