

to yield with heart to joy



Contemporary Yoga presents
a weekend away together
at Mana Retreat.
2 - 3 - 4 September 2022

To yield with heart to joy: Join Neal Ghoshal, Karla Brodie, Haidee Stairmand and friends for a weekend of Yoga, somatics, Yoga Nidra, restorative, conversation, wander walking and great food. This is a time and space to connect, practice and regenerate on the land at Mana.

Who are we: Contemporary Yoga is a community of Yoga teachers and Yoga lovers dedicated to sharing their passion for nourishing Yoga and somatics practices. This year we are coming together for the first time at Mana to share our favourite Yoga and movement practices, poems and music. This is a weekend away to connect, practice, share, learn and be inspired.

Our approach ... engages both with Eastern and Western thought, knowledge and practice. This integrated Yoga approach supports living life with deep insight, sensitivity, self knowing and resilience. Form is infused by the integration of natural and functional movement patterns encouraging freedom and grace in movement, posture and breath.

Who is this retreat for? Anyone who is interested in a fresh perspective to their practice, graduates of our Contemporary Yoga Teacher Training and lovers of Restorative Yoga, Yoga Nidra, somatics and nature. All the practices offered will be accessible, inclusive and kind.

Price: \$580-\$650 shared or single rooms available

Bookings: manaretreat.com

More information: yogateachertraining.nz | info@yogateachertraining.nz

