

# ABEL TASMAN YOGA RETREAT

24-26 November



A weekend of mindfulness,  
Yoga, trail-running or walking to  
recharge your batteries in the beautiful Abel Tasman

# INFORMATION PACK

I'm very excited to send you this info pack today. The Abel Tasman is a NZ area I hold particularly close to my heart and so is Awaroa Lodge. Bringing yoga and running together has long been a dream of mine and I'm so happy it is finally happening. This is the first of hopefully a long series of Yoga/outdoors retreats and I would sincerely appreciate your honest feedback after the retreat to hear more about your experience and see where we can improve.

The retreat will start on Friday 24 November at 5pm at Awaroa Lodge and end at lunch time on Sunday 26 November. The retreat package includes:

1. Accommodation for two nights at the luxury resort Awaroa Lodge
2. 3-course dinners on Friday and Saturday
3. Full breakfasts on Saturday and Sunday
4. Yoga twice daily: Vinyasa and mindfulness in the mornings and Yin yoga in the evenings

The retreat package does not include:

1. Lunches: A lot of us will be either running, walking or kayaking during lunch time. You can either have a massive full breakfast to fill you up or Awaroa lodge can provide packed lunches for \$25.
2. Flights: You can choose to make your way there by yourself or choose to come with us on a chartered flight from Wellington straight to Awaroa. The Chartered flight will be operated by Mit Brereton from Adventure Flight Golden Bay and costs \$280 each way, it takes about 40mn. The plane can only carry 5 passengers so we will need to organize a few trips. At this stage, we are thinking of organizing 2 to 3 trips from Wellington. First one at 11am, second 1pm and third at 3pm.

There is also an option to fly from Nelson at a cost of \$110 per passenger per flight. If you are interested by any of these options, please let me know. If you are making your way by yourself, please bear in mind that it takes about 50mn from Wellington to fly to Nelson, then allow for 1.5 hours to drive from Nelson to Marahau. The boat from Marahau to Awaroa lodge takes about 1.5 hours.

3. Transfer by boat to different locations in the Abel Tasman: If you are running, I suggest catching a boat in the morning straight back to Marahau or Anchorage and start running from there back to Awaroa. From Marahau, it is about 30K and allow for about 4-5 hours at a gentle pace, less if you are faster. From Anchorage, it should take you about 3-4 hours at a gentle pace or less if you are faster. The price of the shuttle is about \$45 and you can book them directly at the reception of the hotel. If you are only wanting to run/walk for two hours or less, there is no need to catch a boat, you can walk/run back towards Totaranui, it should take you about 2-3 hours all up. You'll need to check with the hotel the times for the tides so that you can cross at Awaroa Bay.
4. Alcohol and extras :)

### Frequently Asked Questions

#### **What to bring:**

1. Mat & bolster if you have one
2. Running shoes
3. Camel back and snacks
4. Your own shampoo & conditioner as the hotel only has only eco-friendly soap available. Shampoo & conditioner available at their store
5. Swimming togs
6. Sunscreen

**Can I come even if I'm not a runner?** Yes of course you can! The idea is to cater for different abilities and levels. There are a lot of amazing walks that can be done or options to go kayaking as well. Or you can just relax and chill at the fabulous Awaroa lodge. The beach is just a 5 minute walk from the lodge

**What if I want to stay longer?** You can extend your stay if you like. Awaroa has given us some special deals, you can either let me know how many extra days you'd like to stay so that we can arrange that. An extra night in a family room will cost you \$640 per night per group. An extra night in a standard room will cost you \$410 per night double occupancy. An extra night in a superior room will cost you \$540. Otherwise, try your luck on wotif or trivago, they sometimes have super cheap deals available if you are lucky with dates (down to \$250 a night for superior rooms)

**I have dietary requirements:** If you do, please let us know as soon as you can so that the chefs at Awaroa Lodge can prepare a special something for you.

**I have never done yoga before:** It's fine, you can still have a good time during our retreat. The evening practice won't require you to have any pre-requisite knowledge of any sort. The morning Vinyasa Flow practices could get a little bit challenging but don't worry, I always give a lot of options to suit all level needs.

**Kayaking options:** We have partnered with Josh from Awaroa Kayaks. Josh has offered to take us kayaking on Sunday. For those who are interested, please let me know so that I can book numbers. The price is \$110 with drinks and snacks included for about 3 hours instead of \$140. Josh can take 8 people maximum. If you are keen to do this on Sunday morning or afternoon, please let us know so that Josh can get organized.

**Payment:** We need you to pay your non-refundable \$300 deposit by 26 August. The remainder needs to be paid by 31<sup>st</sup> October.

I'm super excited about this, I hope you are too.

Please feel free to call me or email me back for any questions you may have.

Cheers,

Cathy

# OPTION ONE: \$595pp

Two nights shared accommodation in a family room  
Dinner on Friday and Saturday  
Breakfast on Saturday and Sunday  
Mindfulness + Yoga morning & evenings



## Family rooms

This rate is based on accommodation in a family room for 5 people. The bedding configuration is 3 queens and 2 single. If 5 people share the room, the retreat package price is \$595pp, if 4 people share the room the price is \$620pp, if 3 people share the room, the package price is \$690pp

This room setting is perfect for a group of friends or for those who don't want to be on their own and don't mind sharing accommodation with other people.

The family rooms have two stories, 2 beds on the first floor and 3 beds on the top floor. For more information about the room, please check the Awaroa lodge website [www.awaroalodge.co.nz](http://www.awaroalodge.co.nz)

# OPTION TWO: \$645pp

2 nights accommodation in a standard twin share room  
Dinner on Friday and Saturday  
Breakfast on Saturday and Sunday  
Mindfulness + Yoga morning & evenings



## Standard room twin share

For more information about the room, please check the Awaroa lodge website  
[www.awaroalodge.co.nz](http://www.awaroalodge.co.nz)

# OPTION THREE: \$735pp

2 nights accommodation in a superior twin share room  
Dinner on Friday and Saturday  
Breakfast on Saturday and Sunday  
Mindfulness + Yoga morning & evenings



## Superior room twin share

For more information about the room, please check the Awaroa lodge website

[www.awaroalodge.co.nz](http://www.awaroalodge.co.nz)

# OPTION FOUR: \$885pp

2 nights accommodation in a standard single room  
Dinner on Friday and Saturday  
Breakfast on Saturday and Sunday  
Mindfulness + Yoga morning & evenings



## Standard room single

(For those who want to stay by themselves and have some me-time 😊)

For more information about the room, please check the Awaroa lodge website  
[www.awaroalodge.co.nz](http://www.awaroalodge.co.nz)

# OPTION FIVE: \$1,075

2 nights accommodation in a superior single room  
Dinner on Friday and Saturday  
Breakfast on Saturday and Sunday  
Mindfulness + Yoga morning & evenings



## Superior single room

For more information about the room, please check the Awaroa lodge website  
[www.awaroalodge.co.nz](http://www.awaroalodge.co.nz)

# TIMETABLE

FRIDAY 24 NOVEMBER	SATURDAY 25 NOVEMBER	SUNDAY 26 NOVEMBER
	6:15am – 7:15am Vinyasa Flow + Mindfulness	6:15am – 7:15am Vinyasa Flow + Mindfulness
12-5pm: Check in	Breakfast 7:30am-10am	Breakfast 7:30am-10am
5pm welcome (Awaroa Lounge)	Trail-running or kayak or bush walk	Trail running or kayak or bush walk
5:30pm: Yoga class	Lunch by own arrangement	1pm late check out + people make their way back home
7:15pm Dinner	5:30pm-7pm dinner 7:30pm – 8:30pm Yin Practice	

If you have any questions, please don't hesitate to email me at [pauseyogadaysbay@gmail.com](mailto:pauseyogadaysbay@gmail.com) or call me on 021410890

Kindly,

Cathy