



YOGA



RETREAT

with Cathy Gamba



WHAREKAUHAU

WHAREKAUHAU COUNTRY ESTATE | 07-09 OCTOBER 2020



RELAIS &
CHATEAUX



Pause Yoga

YOGA RETREAT

with Cathy Gamba



Hone your yoga practice and indulge in the luxurious comfort of the 5-star Wharekauhau Country Estate, high above the thunderous surf of Palliser Bay.


WHAREKAUHAU


RELAIS &
CHATEAUX



INCLUSIONS

- ✓ 1 or 2 night stay at Wharekauhau Country Estate
- ✓ Evening Yin Yoga & Yoga Nidra (90 mins)
- ✓ Morning Vinyasa Flow & Mindfulness (75 mins)
- ✓ Dinner, breakfast & light lunch
- ✓ Full use of facilities (Gym, swimming pool & tennis court)
- ✓ Complimentary use of mountain bikes & trail access
- ✓ 10% off all pre-booked spa treatments



PRICING

\$890 per night (double-occupancy room)

\$750 per night (single room)

OPTIONAL ACTIVITIES

Guided ATV*, quad biking*, mountain biking, trail running and walks are activities that are available during your stay. If you are interested in ATV or quad bikes, please speak to the Wharekauhau Reservations team for booking and pricing.

*Guided ATV from \$295pp, Quad bike rental at extra cost.

TIMETABLE

WED 08 OCT	12.00pm	Arrive/Check in
	12.00-4.30pm	Free time to make use of pool/spa facilities (Lunch served at 1.00pm in your cottage suite)
	4.30-6.00pm	Mindfulness + Yin + Yoga Nidra
	7.00-9.00pm	Dinner
THU 09 OCT	8.15-9.30am	Vinyasa Flow + Mindfulness
	7.00-11.00am	Breakfast
	11.00-4.30pm	Free time to use pool/spa/activities (Lunch served at 1.00pm in your cottage suite)
	4.30-6.00pm	Mindfulness + Yin + Yoga Nidra
	7.00-9.00pm	Dinner
FRI 10 OCT	8.15-9.30am	Vinyasa Flow + Mindfulness
	7.00-11.00am	Breakfast
	1.30pm	Late Check-out/Depart

ACCOMMODATION

WHAREKAUHAU'S LUXURY COTTAGE SUITE

This yoga retreat includes overnight stay in one of Wharekauhau's 16 Luxury Cottage Suites. Relax in absolute bliss and forget the outside world. Be at one with nature among the sheep that dot the pastures and make yourself at home, enjoying comfy sofas, fluffy pillows, heated marbled floors, and homemade cookies.

In true Wharekauhau style, natural materials are used throughout the cottage suite decor. Clay tiles, pebble mosaics, rich New Zealand wool carpeting, soft cotton linens and hemp curtain lend to a relaxing, luxury farm-stay experience.

SUITE FACILITIES

- Super king-sized beds
- Under floor heating
- Open gas fireplace
- Complimentary WiFi
- iPod docking station
- LCD flatscreen TV
- Double spa bath
- A/C or heat pump
- Heated towel rail
- Double spa bath
- Hairdryer, iron
- Minibar
- Homemade cookie
- Pre-dinner drinks & canapes



Travel to
Wharekauhau
by helicopter!



\$325 pp* (one-way)

\$590 pp* (return)

**Based on 6 people sharing*

CHARTER HELICOPTER

\$1,687+GST (one-way)

For more information, please
contact James at Wellington
Helicopters directly.

ph: **0800 359 424**

GETTING THERE

Nestled between the sweeping vistas of the Rimutaka ranges, Wharekauhau Country Estate is a 1.5hr drive from Wellington.



WHAREKAUHAU COUNTRY ESTATE
4132 Wharekauhau Road, Palliser Bay,
RD3 Featherston 5773, Wairarapa, New Zealand

BOOK NOW

To reserve your spot contact:

ph: **06 307 7581**

e: reservations@wharekauhau.co.nz

w: wharekauhau.co.nz

For any yoga queries,
please contact Pause Yoga:

ph: **021 410 890**