



YOGA RETREAT WITH

# cathy gamba

- SOLITAIRE LODGE -

9-11 APRIL 2021

 Pause Yoga

  
SOLITAIRE LODGE  
LAKE TAHOE • BUTTE • NEW ZEALAND



# Yoga Retreat

WITH CATHY GAMBA

Join us for 3 days and 2 nights at the stunning **Solitaire Lodge** in Rotorua, one of New Zealand's premiere luxury lodges, offering breathtaking views over Lake Tarawera, with lush natural bush and volcanic landscape backdrop.



## YOUR RETREAT INCLUDES:

- 2 night luxury accommodation at Solitaire Lodge
- Yoga, mindfulness sessions and breath work
- Breakfast, lunch and dinner
- Complimentary mini-bar
- Complimentary motorised dinghies & kayaks
- Options to go trail-running or mountain biking\*

*\*Bike hire can be arranged at additional cost*

## Programme

### DAY ONE

12pm arrival  
12-1pm Light lunch  
1- 4pm Free time  
4:30pm Mindfulness session and Yin Yoga  
6:30pm Pre-drinks and dinner.

### DAY TWO

8-8:30am Mindfulness and breath work  
8:30- 9:30am Vinyasa flow yoga  
7-11am Breakfast  
12-1pm Lunch  
*Free time, MTB, walk to the waterfall\* or trail running options*  
5pm Yin Yoga and mindfulness session  
6:30pm Pre-drinks and dinner

*\*Walk to the waterfall will incur a paid boat transfer*

### DAY THREE

8am Mindfulness and breath work  
8:30-9:30am Yoga  
7-11am Breakfast  
12pm Check-out of suite  
12-1pm Light lunch

# Solitaire Lodge



SOLITAIRE LODGE  
LAKE TARAWERA • ROTORUA • NEW ZEALAND

Pause Yoga

*Solitaire Lodge, one of New Zealand's premiere luxury lodges, enjoys breathtaking views over Lake Tarawera, with lush natural bush and volcanic landscape backdrop. Styled with comfort in mind, all 9 luxurious suites feature panoramic views over Lake Tarawera's still deep waters. Freestanding baths allow views over the lake while soaking. Complimentary mini bar, fruit and snacks are also at hand. Easy lake access allows exploration of surrounding waters, secluded private bays, a three hour hike to 65 meter waterfalls and natural thermal hot springs in which to soak and unwind.*

*Embark on an adventurous scenic helicopter flight over the surrounding volcanic landscape and land on an active volcano. Catch a good sized rainbow trout for dinner, or explore tranquil waters in a kayak or motorised dinghy. The lodge is also the perfect place to simply relax, indulge and rejuvenate, left in the able hands of your warm, friendly New Zealand hosts.*

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



# ACCOMMODATION

Pause Yoga



## SOLITAIRE LODGE LUXURIOUS SUITES

### 6 X EXECUTIVE SUITES

Each Executive suite offers spectacular views over looking Lake Tarawera, lavish super king beds, comfortable chairs for lounging, grand picture windows and a private balcony with stunning vista. Freestanding baths big enough for two, over looking the lake give you the opportunity to soak in the view.

\$1,600 PER NIGHT (DOUBLE OCCUPANCY)

\$1,200 PER NIGHT (SINGLE OCCUPANCY)



### 1 X TARAWERA SUITE

The Tarawera Suite features floor to ceiling glass that embrace an uninterrupted view from the tranquil bay up to the majestic summit of Mount Tarawera. This suite has a split level design and features a generous bedroom with relaxing sitting area and separate dining room. Private balconies are perfectly positioned to take in one of New Zealand's most spectacular views.

\$1,800 PER NIGHT (DOUBLE OCCUPANCY ONLY)

(TWIN OR SUPER KING CONFIGURATION)

### 1 X SOLITAIRE SUITE

Set in a separate building the Solitaire Suite offers peace, total privacy and a breathtaking outlook through dramatic picture windows across glassy Lake Tarawera. Guests will delight with the large master bedroom, lounge and bathroom to match. In addition, there is a private sundeck and separate guest bedroom. Each bedroom enjoys separate access to the shared bathroom.

\$2,000 PER NIGHT (DOUBLE OCCUPANCY)

TRIPLE OCCUPANCY AT \$2,650 PER NIGHT (2 BEDROOMS)





## Book Now

Spaces are extremely limited.  
For booking enquiries contact  
[pauseyogadaysbay@gmail.com](mailto:pauseyogadaysbay@gmail.com)  
021 410 890

Retreat package  
starting at  
**\$1,600** per person  
for two nights.