





# 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 ONF

12pm arrival12-1pm Light lunch1- 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 work8:30-9:30am Yoga7-11am Breakfast12pm Check-out of suite12-1pm Light lunch





## Solitaire Lodge

Solitaire Lodge, one of New Zealand's premiere luxury lodges, enjoys breathtaking views over Lake Tarawera, with lush natural bush and

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.



Pause Yoga

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

## **ACCOMMODATION**



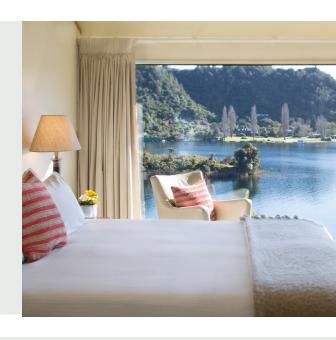


### SOLITAIRE LODGE LUXURIOUS SUITES

#### 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)

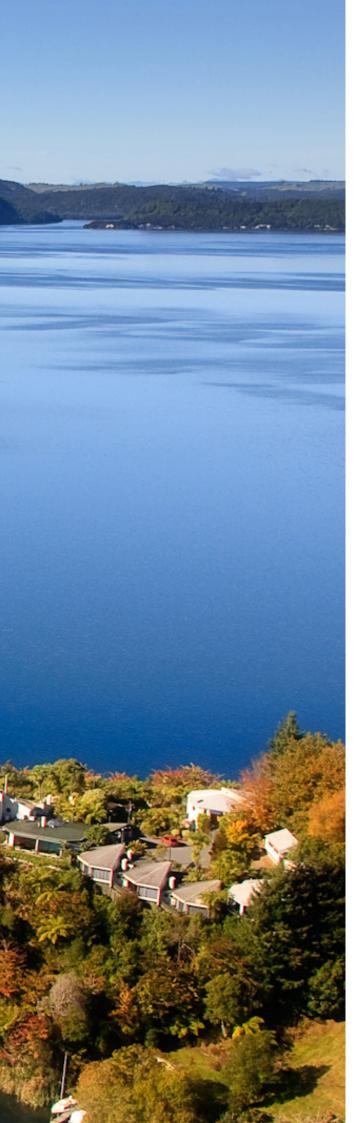
(TWIN OR SUPER KING CONFIGURATION)

#### 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
021 410 890

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



