

The Moata Schedule

23 – 30 September 2017

Awakening our Natural Wisdom

A 7 day Insight Meditation retreat with Greg Scharf and Jill Shepherd

Vipassana or insight meditation is the simple direct practice of moment-to-moment observation of the mind/body process with relaxed, open and careful attention. Awareness infused with clear seeing reveals that whatever arises in our experience, is simply the natural display of impersonal conditions. As we learn to observe our experience from a place of stillness and balance supported by wise view, reality is accurately seen and liberating insight arises as a natural result. Loving-kindness or Metta meditation develops the heart's capacity for patience, acceptance, and forgiveness as we connect with and care for ourselves and others.

This silent retreat will draw primarily on teachings from the Theravada Buddhist tradition, emphasizing continuity of present moment awareness as the foundation for clear seeing and the arising of wisdom. The format will include instruction in both Insight and Loving-kindness meditation, an optional daily period of mindful movement, and meetings with the teachers.

Most of each day will be spent practising silent sitting and walking meditation, with some guided meditation instructions and opportunities for individual and group meetings with the teachers. It is suitable for both beginning and experienced students of meditation.

Greg Scharf began meditating in 1992 and has been teaching residential meditation retreats since 2007, including the annual 3 month retreat at the Insight Meditation Society where he is a core teacher. In his teaching Greg emphasizes the understanding that meditation is fundamentally an exploration of nature and natural processes. He also stresses the critical importance of bringing the qualities of kindness, compassion, and a sense of humour to practice.

Greg has a long-standing relationship with the country and people of Burma (Myanmar), where he trained as a Buddhist monk and where he works with a small humanitarian aid project which particularly targets education, health-care, and support of Buddhist Nuns. Currently living in the high country of northern Arizona, Greg's love of nature and the outdoors deeply informs both his practice and teaching.

COST: Early-bird rate until 22 July 2017 (unless sold out prior): \$650

Sliding scale: \$630 / \$790 + dana* (cost includes a contribution towards the teachers international airfares). Special diet surcharge applies.

To register: <https://www.eventbrite.co.nz/e/insight-meditation-one-week-retreat-with-greg-scharf-and-jill-shepherd-tickets-27296877696>

8 – 12 October 2017

Kahuna Mist Bodywork & Self Healing Retreat with Gaylyn Aitken

Creating space in your body creates space in your life

Join me for five days at Te Moata in October for another of our Self Healing and Bodywork retreats. Learn about the functional mechanics of your body and how you can improve your health both physical and psychological.

We'll be spending our days resting, realigning and learning new ways to move to improve circulation of your fluids, oxygen, and electricity and giving and receiving bodywork.

Observe - Shift your attention to your inner realm while you're constructively resting your body. Give yourself space and time to know your body.

Reset - Align your body then leave it alone; give your nervous system time to change from sympathetic (fight/flight/freeze) to parasympathetic (rest/digest/restore).

Move – Learn new ways to move. Using micro movements to extend your range of motion gently and effortlessly. The greater your range of motion the greater your energetic force.

Restore – Find out what movement patterns are creating tension and exhaustion and explore new ways to accomplish everyday activities. Once your body is moving as a family unit, balanced and aligned, the self healing intelligence of your body will be able to restore vitality, resilience and robust health.

Kahuna Bodywork.

Kahuna Bodywork is a style of bodywork designed to realign and reset the nervous system to improve circulation and communication between the body and mind, returning us to our natural human condition of balance and stability. This principle is beautifully put by *Kahu Abraham Kawai*'i 'the universe is an entity in motion and evolution is its angel.'

No massage experience is needed. All levels of flexibility and strength are accommodated. If you're not interested in learning Kahuna Bodywork, that's fine, you can enjoy the experience of having your body warmed and softened by the bodywork students.

Gaylyn has forty years experience studying and experimenting with human movement beginning with her own experience with gymnastics and Yoga then moving into a professional field performing and teaching massage and Kahuna Bodywork. Her passion for learning new ways to improve the human condition is constantly expanding and is reflected in her classes and workshops. She believes we are all born with the DNA code for evolution and refuses to subscribe to the mass belief that aging is painful and ugly. As long as we have breath in our body we have the ability to change and improve our human condition.

COST: \$995 (Includes accommodation & meals). Special diet charge applies.

TO REGISTER PLEASE CONTACT – info@kahunamist.com ph 61 7 54837699

13 – 16 October 2017

Experiencing Self Love with Bhavna Nagar

How much do you love yourself?

No matter what your answer, this retreat is for you. If you don't love yourself at all or a bit, join me on this transformative journey returning to your true nature - self love. If you love yourself enough or fully, join me to find ways of growing in self love.

Your relationship with yourself is the most intimate relationship in your life because you can never get away from you. So either live yourself with someone you love or someone you hate/can't tolerate or are indifferent to ... Either way, you are stuck with you for the rest of your life.

Join me and explore a different way of being.

This 4 day residential semi-silent psychological mindfulness retreat will encourage and guide participants to regain feelings of self-love/worth thereby enabling them to feel a sense of wholeness in their lives - living in a more authentic way, feeling connected to themselves and others and reclaiming their peace.

Bhavna is a clinical psychologist with 16 years of both clinical and mindfulness experience. She is originally from South Africa and has been in New Zealand since 2008. Since 2009 she has been using Mindfulness-based therapy and the Self-Love approach evolved out of that work.

In 2012, she opened her own practice Alive! Psychology was started because of her passion for life. She believes that life needs to be experienced fully. To "exist" or "get by" is not doing life justice. Through therapy and mindfulness she found her passion for life and discovered the ability to live life fully with all that it has to offer - the good and the bad. This is the focus of the Self-Love Approach - to live fully, authentically, enabling clients to find their way of reconnecting with life and expressing who they are fully.

COST: \$240 for accomodation and Meals PLUS koha/donation for teachings

To register/ for more information contact:

Bhavna Nagar bhavna@alivepsych.co.nz 022 0843 095

An Introduction to Loving-Kindness And Loving Kindness Intensive with Ven.

Vīrañāṇī

20 – 22 October 2017 – Loving Kindness Retreat

22 – 29 October 2017 - One Week Intensive Loving Kindness Retreat

An Introduction to Loving-kindness Meditation

The beautiful spirit of loving-kindness (*mettā*) is without limit and without barriers. In this weekend retreat, Ven. Virañani will offer a simple and direct method to develop and strengthen the heart's natural capacity to connect with others with kindness. We will explore the spirit of *mettā* together, in formal practice and in the many ways that the *mettā* meditation can be applied in everyday life. This retreat is suitable for both beginners and experienced meditators.

Metta Intensive

Loving-kindness meditation is a deep practice in its own right as well as being immensely supportive of mindfulness-based insight practices. While *mettā* practice is commonly offered during mindfulness retreats, the power and depth of this beautiful practice is best accessed through periods of intensive cultivation: these open and soften the heart so that we can deeply connect with ourselves, each other, and the profound truths of the way things are. In this week of intensive living-kindness practice, Ven. Virañani will bring the traditional teachings of loving-kindness from Burma to Te Moata, offering practices both for the direct cultivation of loving-kindness and to support the development of insight. Although we will be practicing loving-kindness in an intensive retreat setting, the heart-skills that result are accessible and immediately practical in everyday life. This retreat is suitable for beginners and experienced meditators.

Ven. Vīrañāṇī began to practice meditation in 1979. In 2003, after several years spent working at the Insight Meditation Society in Massachusetts, USA, and training in in the Thai Forest tradition, she began a four-year period devoted to intensive practice in the Burmese lineage of Mahasi Sayadaw. She took permanent ordination in Burma with Sayadaw U Pandita on New Year 2006, and now resides at the Chanmyay Myaing Meditation Centre North of Yangon. She teaches loving kindness and vipassanā meditation retreats in Burma, Europe, and Australia. In 2008 she co-founded Metta In Action, a charity devoted to offering Burmese people in need the means and skills to help themselves. She is passionate about the Dhamma, about nature, and about using both to help others rediscover the intrinsic goodness in all beings.

TE MOATA COST: FOR THE FULL RETREAT \$630 FOR THE WEEKEND ONLY \$140 PLUS DANA FOR TEACHER. Special diet surcharge applies.

To register please book through our website www.temoata.org

3 – 5 November 2017

Friends of Te Moata Retreat Weekend

The Te Moata Charitable Trust would like to honour your generosity and commitment to Te Moata and invite you to the 'Friends of Te Moata' Retreat weekend with Beccy, Maniisha and other Trustees

This will be a co-created, community weekend with the freedom to experience the peace, beauty and sacredness of Te Moata and its surrounds in whatever way feels right for you ... meditation, bush walking, Dances of Universal Peace, music making, night-time fire, opportunity to walk the labyrinth, delicious wholesome food shared in heart-centered community

There will be no charge for this weekend but we will be asking for contribution of a koha towards food costs, and also your willingness to help with food preparation and clean up.

To book in please email beccydove@gmail.com **before the end of August**. Or phone 078627113 and leave a message :)

With grateful thanks for all your contributions; The Te Moata Charitable Trust

10 - 14 November 2017

Mindfulness and Qi Gong: The Art of Natural Ease

A four day silent mindfulness and qi gong retreat.

In this retreat, we blend qi gong and mindfulness meditation, taking the time to pay attention to our actual experience as we sit and as we move. When we do this we feel more open, grounded and alive. No matter what is going on in our life, in our thoughts, or bodies, mindfulness offers the opportunity to genuinely relax and let go. Qi gong is a wonderful Taoist movement system designed to improve the flow of energy (qi) in the body, create vitality and concentrate the mind.

You may arrive from 4pm onwards on Friday 10 November. We start with a meal at 6pm. We will finish at 2pm on Tuesday 14 November.

There is no religion, dogma or belief systems proposed in this retreat. Emphasis is given not to theory, but to your own experience. The retreat will be taught assuming some - even if it's brief - experience with meditation. No experience in qi gong is necessary.

Rachel Tobin has been practising meditation for over 25 years and is a qualified teacher in the moving mindfulness practices of qi gong. She is the director of *the art of mindfulness*, works individually with adults and children, teaches mindfulness in organisations and to the general public, and regularly facilitates 1-day and residential retreats. She is also a facilitator for the 8-week NZ mindfulness programme in schools, *Pause, Breathe, Smile*. Rachel's teacher is Spiritual Master Sri Yanchiji. Her spiritual journey, of re-discovering the natural and inherent joy that comes from simply 'being' - and waking up to the conditioning, thoughts and emotional patterns that eclipses that happiness - is increasingly informing her work with others.

COST: \$500 (includes 4 nights' accommodation, all meals and snacks and tuition and guidance from an experienced facilitator)

17 – 22 November 2017

Spring Yoga Retreat with Ondine Savage

Hatha Yoga Sydney is proud to announce its annual Spring Yoga Retreat. This is a wonderful opportunity to spend 5 blissful days immersed in yoga, meditation, workshops, “ME” time, gorgeous vegetarian fare, optional massage, bush walking and local beach excursions. There will be something for everyone.

Learn how to release tension, stress and anxiety from your body and mind and return home steeped in a sense of peace, calm and relaxation after having travelled deeper into your practice. Take this time to discover more about yourself and share a retreat adventure with other like-minded yogis.

All welcome. No previous yoga experience necessary.

Ondine Savage was born in New Zealand and graduated from the University of Auckland with a Bachelor of Music Performance degree in classical flute. She's lived and worked around the world in locations such as India, the UK and Spain.

While in Spain, she committed five years to full-time Yoga study under the guidance of Shrî Swami Shankaratilakânanda. Her training was orthodox and traditional in disciplines including Hatha Yoga, Vyayam Yoga, Vedic Dharma, Ayurveda, Meditation & Vedanta. Three years living in Rishikesh, in Northern India, gave Ondine experience in teaching classes while co-directing the establishment of a new Ashram and Monastery.

Ondine's passion for Yoga and the Art of Living is unwavering and evidenced by the energy she brings in sharing the teachings she so gratefully received. She's also a highly experienced teacher having taught in many studios as well as facilitating retreats, workshops and conferences in Australia and internationally.

Now based in Sydney, Australia, she welcomes the opportunity to bring her Sangha to her homeland to share the timeless and traditional practice of yoga during this special 5-day Yoga experience.

For more information and to register please

contact: info@hathavogasydney.com.au Website: www.hathavogasydney.com.au

23 – 26 November 2017

Labyrinth Retreat Quest with Jessica Fleming, Misha Crosbie and Cara Roberts

- Goddess Ritual Theatre
- Solo Questing time and Mandala Drawing
- Healing with Annie's Crystal Singing Bowls
- Walking the Sacred Labyrinth
- Goddess Beauty Evening
- Synchronicity Giveaway Ceremony
- Circle Dancing with Maniisha
- Earth Meditation from the center of the Labyrinth
- Mary Hunt Clairvoyant Dance

To register: Contact Jessica - jessica@soulpathjourneys.com 021 167 9557

Cost: \$420 NZD (\$100 deposit – non-refundable after September 1st 2017)

Internet payment to 12 3021 0326919 50 reference Surname and Labyrinth

1 – 4 December 2017

Authentic Movement Retreat with Connor Kelly assisted by Anne Hurst

Throughout our lives we long to be seen in our wholeness. Daniel Seigel suggests we “...not only want to be seen, we want to feel felt.”

Authentic Movement is a simple yet profound process between a Mover and a Witness. The Mover closes eyes and follows inner impulses. Listening deeply to inner stirrings the mover brings un/preconscious material through the body into consciousness. The Witness sits eyes open and tracks their own experience in relation to the mover and notices their projections, interpretations and judgements. The Witness holds the consciousness or container particularly in the beginning. The Mover is developing their Inner Witness while the Witness develops their inner Mover. This weekend retreat will offer the opportunity to deepen and glimpse into the full evolution of the form. The opening session will explore the role as a mover developing deep listening while moving in the presence of a non-judgmental witness. Dyadic and Triadic structures will follow so that the witness role develops. The final collective circles, the breath circle and the long circle will illustrate how the form evolves fluidly into an organic ritual that holds the totality of our Human Experience. Both our wounds and healing come through relationship. Authentic Movement is a practice that addresses multiple levels of relationship, self, other and collective.

Connor has been practicing authentic movement since 1985 and offering groups and workshops since 1990. She has been blessed with opportunities to study with Janet Adler, Tina Stromsted, Neala Haze and Zoe Avstreich. Connor has facilitated workshops in Europe, New Zealand, Australia, and Taiwan. She trained as a dance/movement Therapist at New York University and has worked with developmental disabled adults, frail elderly, brain injured adults, children and families, children in the schools and adults. Connor co-facilitates a practice called Physical Storytelling that she co-created with her husband Dr Steve Harvey. Connor also is a La Leche League Leader supporting mothers with breastfeeding and teaches yoga. She has resided in USA, Germany, Italy, New Zealand and currently lives in Guam, USA.

COST: \$450 per person (Early Bird - before November 17), \$480 after. \$430 per person for DTAA or CTAA members There is a \$15 surcharge for special dietary requirements (vegan or gluten free)

REGISTRATION: <https://www.authenticmovementaustralasia.com/2017-retreat-authentic-movement-aus>
Any questions please contact Connor at: eckellydance@gmail.com E. Connor Kelly MA, BC-DMT, LPC, DTAA (Prof DMT)

4 – 11 January 2018

The Path of Mindfulness Retreat led by Stephen Archer (Nyanaviro)

In a silent and tranquil environment this retreat will consist of group sessions along with free time for retreatants to move with their own rhythm. Daily sessions include instruction, sitting and walking meditations and an enquiry period. The retreat is suitable for people who are new to the practice as well as those with experience of mindfulness.

Mindfulness is an orientation to life through feeling-awareness of our natural state, moment by moment. It is developed through simple meditation practices which involve stilling the restless mind, relaxing the body and opening into the feeling of being. Mindfulness invites us to deepen self-awareness and liberate our attention to be more fully and joyfully in the present moment.

The process of mindful awareness makes use of the inherent ability of our mind and body to re-balance and sustain wellbeing, and discover positive new responses to the challenges of life.

Stephen Archer is a mindfulness educator and trainer. He is passionate about creating contexts where people can explore mindfulness and discover how it can assist them to access sustainable wellbeing and generate new and transformative perspectives. Stephen has been involved with mindfulness for over 35 years and began practicing mindfulness meditation while he was completing a degree in Eastern religions. He then trained for 13 years as an ordained Buddhist monk in the Thai forest tradition. Stephen facilitates mindful leadership and workplace programmes, and offers residential retreats and professional supervision for other trainers and practitioners. He is Director of Mindfulness Training, a Wellington-based service provider. www.mindfulness-training.co.nz and an associate of Mindfulnessworks www.mindfulnessworks.co.nz

COST: \$515 (covers food and accommodation) plus dana/koha payment for Stephen (please offer your dana payment at end of retreat).

Booking <http://temoata.org/events/a-silent-meditation-retreat-with-stephen-archer-nyanaviro/>

13 - 19 January 2018

DreamMaking Retreat - An internationally acclaimed 7day retreat facilitated by Beverley Iffla (Shekina Centre of Change) and Lorraine Blackley (Creative Adventures)

DreamMaking is an opportunity for you to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you will have time to dream into your future and the possibilities that are open to you.

Whether you are looking at a specific issue or exploring your life's purpose, DreamMaking Retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights and replenishment.

Beverley and Lorraine have combined their years of dedicated experience to bring you this week long retreat to start your year refreshed and rejuvenated for the years to come.

"Thanks so much for a fantastic retreat. DreamMaking 2017 is by far the best retreat I have ever attended & I've been to quite a few. The intense energy and amazing soul group created a life changing experience."
Diana

"If you are wanting to make a change in any area of your life this is the course for you."
Debbie Paterson Perth WA

Early Bird Price: \$1790 all inclusive by November 30th.

Deposit to secure 1 of only 10 places \$500 non refundable.

Payment plans available. To Register: contact bev@shekina.co.nz or +642108262027

25 – 30 January 2018

A Five Day Wisdom School with Pip Nicholls and Bev Silvester-Clark

A Wisdom School comes out of the ancient lineages of all indigenous and spiritual traditions, including the Christian contemplative path. This foundational Wisdom School has three purposes:

- First is to explore the breadth and depth of the teachings of the Western Wisdom tradition that come to us from insights and resources of contemporary teachers.
- Second is to work with the implication that deeper Wisdom cannot be known by the mind alone; it requires grounding in our entire being – body, mind and heart.
- Third is that living in this way doesn't mean that we become psychologically, morally or spiritually perfect. Such a myth might be called 'spiritual bypassing' so we'll also look at 'opening and including' those very aspects of ourselves, traditionally called sin or the shadow that we may have hoped we could avoid. This enables us to see and respond in a much more expanded, compassionate and humble way to all that life encompasses.

During this time together we work with core practices that sustain the embodiment of Wisdom: chant, meditation/contemplative prayer, *lectio divina*, qigong, some physical and practical work, contemplative dialogue, other practices that support the integration of that which we avoid, silence and rich conversation, time alone and play.

COST: \$350 for accommodation and catering plus **\$150.00** for the facilitation (we are happy to receive less or more as your circumstances permit)

For further enquiries and to register please contact: Bev Silvester-Clark at: bev.s-@outlook.com

2 - 5 February 2018

Te Moata Women's Gathering 2018

“Visioning and Grounding”

With Marnie, Suni, Kibriya and Beccy

Supported by the Te Moata Grandmothers Jessica, Misha, Shay, Wolf, Annie and others.

In numerology, 2018 is an 11/2 year.

In this Gathering we will look at the significance of these numbers. We will explore clear seeing, intuition, dreaming, visioning, revelation and understanding both for ourselves and for the greater good.

2018 calls us to cooperate, collaborate and communicate this deeper understanding as we look for ways to ground, grow and communicate the seeds of new beginnings that we committed to in 2017.

Gathering together on the sacred land of Te Moata we will create the safe container of a women's circle. Spending time in nature, on the labyrinth and in the other sacred circles, we will deepen through periods of silence, dancing, ritual, singing, sacred movement and sharing together.

COST: \$395 - \$100 deposit by Friday 15th December. Balance of payment due 12th Jan, 3 weeks before retreat begins

Scholarships - We are happy to offer some Scholarships. Please contact Kibriya by the beginning of December if you would like to apply at vtsampson@gmail.com

Also, for any general inquiries about the retreat, please contact Beccy at beccydove@gmail.com

10 - 25 February 2018

Yogacara presents a 200 Hour (16 Day Intensive Immersion) Yoga Teacher Training

This 16 day intensive immersion Yoga Teacher Training certifies graduates as 200 hour Hatha and Vinyasa Yoga teachers.

Inquiries to Yogacara; www.yogateachertrainingyogacara.com

9 - 18 March 2018

A Silent Meditation Retreat with Sharda Rogell and Jeremy Logan

More information to follow.

Sharda Rogell has been practicing and teaching meditation for over 35 years and teaches in the U.S, Canada, Iceland and New Zealand. She is on the Teacher Council at Spirit Rock Insight Meditation Centre in northern California near her home. Sharda has been influenced by many different Buddhist traditions, as well as by her root teacher, H. W. L. Poonja during her many trips to India. She has also been a student of A. H. Almaas in the Ridhwan School for the past 14 years.

Jeremy Logan has studied and practiced insight meditation for the past twenty-eight years, and has been teaching retreats throughout New Zealand since 1993. He lives in the Wairarapa and works as a counselor, supervisor and manager of a family violence prevention service.

TE MOATA COST: \$720 PLUS DANA FOR TEACHERS. Special diet surcharge applies.

To register please book through our website www.temoata.org

20 - 22 April 2018

Ecotherapy - An Invitation and Introduction to using Nature in the Therapeutic Process

More information to follow.

Kerryn Coombs-Valeontis (B.Ed. M. App. Sci. Social Ecology, Dip. Transpersonal Art Therapy, Certificate Organic Agriculture)) Kerryn is an Art Therapist and Horticultural Therapist, working in mental health, in Sydney, Australia. She is also a teacher, poet and artist, who grew up in Aotearoa, NZ. She was commissioned to develop this course, for the Horticultural Society of NSW in 2012. She has taught it to over 50 participants. It has developed from her years of working in the community and mental health sectors, and as an Art and Horticultural Therapist.

26 - 29 April 2018

A Women's Silent Retreat 2018

Offer yourself the gift of silence.

On the sacred land of Te Moata we will create a nurturing and supportive container where we as women can spend time with ourselves. We will slow down and connect with the trees, waters and land of Te Moata. Optional activities will include meditation, chanting and walking the labyrinth.

This is a special opportunity for you to rest deeply, to re-member who you are and to emerge refreshed and nurtured.

COST: \$370 {includes \$100 registration}

Any enquiries please contact: Marnie at marnie.n@xtra.co.nz 06 3230401 or 0274657678

Please register directly through this retreat listing on the website www.temoata.org

12 - 25 May 2018

Permaculture Design Course with Trish Allen and Daniel Tohill

13 day intensive residential course. This Course fulfils the standard requirements of the international permaculture curriculum. All participants who complete the course will receive a Permaculture Design Certificate.

More information to follow.

About the tutors:

Trish Allen: Trish and her late husband Joe Polasicher founded the iconic, award-winning Rainbow Valley Farm in 1988 on permaculture principles and ethics. The farm inspired thousands of people over 25 years in sustainable living and demonstrated the principles of permaculture in action. Trish has now moved on and established a village-scale model of permaculture and shares her knowledge by teaching permaculture-related courses and workshops.

Daniel Tohill: Daniel has worked for over 20 years as a landscape designer and environmental consultant with a propensity toward ecological designs that have won him awards for his innovative and artful work. His work has taken him all over the country and occasionally abroad in the last 20 years doing over 1000 small and large landscape designs in rural and urban areas plus a diverse range of specialist projects.

7 - 13 July 2018

A Winter Meditation Retreat with Nyanaviro (Stephen Archer)

More information to follow.

11 – 15 October 2018

A Wisdom School with Cynthia Bourgeault

All enquiries can be directed to bev.s-c@outlook.com
