U P C O M I N G  R E T R E A T S
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25 - 29 March 2020
Wild Mind Intensive with Animas Valley Institute (U.S.) guides Rebecca Wildbear and Doug Van Houten

Based on Bill Plotkin’s book, Wild Mind: A Field Guide to the Human Psyche, this 5-day intensive is an experiential exploration of our human psyche as unique expressions of the universal forces and the patterns of nature. Our wild minds possess astonishing resources, untapped potentials and depths that we might not know even exist. In this intensive, we will access these depths and potentials explore the landscape of our psyche.

For more info or to register please visit: www.animas.org/programs
Or contact Jennifer or Renee at: info@soulcraftnz.com

8 - 12 April 2020
Wisdom School

A Wisdom School comes out of the ancient lineages of all indigenous and spiritual traditions, including the Christian contemplative path.

For more info and to register please contact: Bev Silvester-Clark bev.s-@outlook.com

23 - 26 April 2020
Women’s Silent Retreat

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, water and land of Te Moata. Optional activities will include meditation, sacred movement and walking the labyrinth.

For further info please email Marnie: marnie.m@xtra.co.nz

1 - 6 May 2020
Autumn Mindfulness Retreat with Stephen Archer (Nyanaviro)

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

To register please visit
http://temoata.org/events/auntumn-meditation-retreat-with-stephen-archer-nyanaviro/
16 – 29 May 2020
Permaculture Design Certificate with Trish Allen and Daniel Tohill

14-day intensive residential course. This Course fulfils the standard requirements of the international permaculture curriculum. Students have the chance to get fully immersed in the permaculture way of thinking and acting and invited to bring details of their own or potential sites. No prior knowledge or experience is necessary, but the course is also suitable for experienced gardeners. 
For more info [http://temoata.org/events/permaculture-design-certificate-2/](http://temoata.org/events/permaculture-design-certificate-2/)

31 July – 3 August 2020
Retreat with Bhavna Nagar

For more info contact Bhavna@alivepsyche.co.nz

21 - 30 August 2020
Jill Shepherd 9-day Meditation Retreat

This nine-day retreat provides an opportunity to explore different aspects of the Buddha’s teachings on Nibbana, also translated as Awakening, Enlightenment, Liberation, or Freedom. The freedom that is being pointed to here includes freedom from afflictive states such as anger, fear, sadness, greed; and freedom to live with more ease, happiness, and authenticity. For more info [www.temoata.org/events/jill-shephed-9-day-meditation-retreat/](http://temoata.org/events/jill-shephed-9-day-meditation-retreat/)

12 - 19 September 2020
Spring Meditation Retreat with Stephen Archer (Nyanaviro)

Mindfulness is an orientation to life though 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 softening into the feeling of being. This silent retreat will consist of group sessions along with free time for retreatants to move with their own rhythm. This retreat is suitable for people who are new to the practice as well as those with previous experience of mindfulness. For more info [http://temoata.org/events/meditation-retreat-with-stephen-archer-nyanaviro/](http://temoata.org/events/meditation-retreat-with-stephen-archer-nyanaviro/)

27 September – 3 October 2020
Yoga Retreat with Jaymin

For more info [www.temoata.org/events/yoga-retreat/](http://www.temoata.org/events/yoga-retreat/)
10 - 19 October 2020
Metta Meditation Retreat with Venerable Sister Vīraṇāṇi
(10 day retreat)

The heart that rests in loving-kindness (mettā) opens to all beings without distinctions and without barriers. In these 2 retreats, Sister Vīraṇāṇi will explore the beautiful spirit of mettā together, both in formal practice and exploring the many ways that mettā practice can be developed in everyday activities. For more info and to register: [http://temoata.org/events/metta-meditation-retreat-with-venerable-sister-virana%e1%b9%87i-2-day-and-5-day-retreats/](http://temoata.org/events/metta-meditation-retreat-with-venerable-sister-virana%e1%b9%87i-2-day-and-5-day-retreats/)

23 - 27 October 2020
Natural Ease and Mindful Living with Rachel Tobin

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 system designed to improve the flow of energy (qi) in the body, create vitality and concentrate the mind. For more info and to register: [www.theartofmindfulness.co.nz/temoata/](http://www.theartofmindfulness.co.nz/temoata/)

5 - 8 November 2020
Retreat with Connor Kelly

For more info email Connor Kelly, eckellydance@gmail.com

13-15 November 2020
Friends of Te Moata Weekend

A special weekend to celebrate the “Friends of Te Moata,” a growing group of supporters who share a heartfelt commitment to Te Moata demonstrated by financial or service contributions. For more info on becoming a Friend [www.temoata.org/friends-of-te-moata/](http://www.temoata.org/friends-of-te-moata/)

26 - 29 November 2020
Labyrinth Retreat

This beautiful retreat includes: a Maori Welcome and Karanga to the Patupaiarehe (little forest people), Solo Questing time and Mandala Drawing, Healing Drumming Journey, Goddess Beauty Evening, Synchronicity Giveaway Ceremony, Circle Dancing. For more info email Jessica [jessica@soulpathjourneys.com](mailto:jessica@soulpathjourneys.com)