



Kia ora!

If you are reading this, it means that you have been invited to be one of 15 creative and healing arts practitioners that take part in *Time to Realign*, a weekend retreat at the beautiful Wangapeka Study and Retreat Centre in the Tasman region. This retreat is a chance to give and receive workshops designed to realign participants with their calling. So far, in our cursory survey of interested people, topics may include storytelling, yoga, soundpainting, music, creating balms from the natural gifts found growing at Wangapeka, and... whatever you would like to offer (if you are called to do so).

Below is some more information about the retreat. Please take a look and see if this might be something that you would like to be part of. While the retreat is more than a year away, we need to get some things confirmed now, namely who our co-creators will be and a deposit from us all to give to the retreat centre. If you are keen to participate, we will ask for a \$50 deposit. You will also have the option to start paying a small amount each week into the *Time to Realign* bank account so that when the retreat rolls around, you're all sorted. Anywho, enough of that, take a look at the details and see if your heart is inspired to jump on in! :)

Arohanui,

Munirah Burra & Lisa Allan
The *Time to Realign* organisers

Project Brief

As submitted to and accepted by Wangapeka

Theme:

Time to Realign

Organisers:

Munirah Burra is a yoga teacher, Reiki practitioner, registered school teacher and a recently graduated student in the traditions, art and science of Herbal Medicine through Isla Burgess at Viridatis - Centre for Plant Directed Learning and Participatory Science.

Lisa Allan is a yoga teacher, Reiki practitioner and teacher and theatre-maker who has just graduated with a Master of Fine Arts from Otago University.

Overview:

Together, Munirah and Lisa propose to draw together a group of no more than 15 (including them) leaders from the wellness and creative arts community for this retreat into the beautiful natural environment of the Wangapeka Retreat Centre. This group would share knowledge and create spaces designed to realign the individual through a focus on self-reflection, mindfulness, physical well-being, emotional balance, spiritual connection and relationships.

About Wangapeka

People visit from all over the world to meditate and enjoy the peace of this remarkable destination. The Wangapeka is a purpose built retreat centre, with fresh clean air and beautiful vistas. It is very quiet and ideal for respite, stress relief and deep meditation. We have a meditation hall, solo retreat huts, a main hall for dining and community, and a fully catered kitchen and an onsite vegetable garden.

We are located in the foothills of the Southern Alps overlooking the Wangapeka River, about an hour and a half drive SW of Nelson, in the South Island of New Zealand.



Budget

Accommodation (own room)

	Friday	Saturday	Sunday
Accommodation	\$64	\$64	-
Food	\$26	\$26	\$26
Cook's fee	\$20	\$20	\$20
Admin fee	\$75	-	-
Sheets	\$10	-	-
Dana	\$15	\$15	\$15
Total			\$396.00

Camping (All spots allocated – waitlist possible)

	Friday	Saturday	Sunday
Accommodation	\$36	\$36	-
Food	\$26	\$26	\$26
Cook's fee	\$20	\$20	\$20
Admin fee	\$75	-	-
Dana	\$15	\$15	\$15
Total			\$330.00

Payment & Cancellation Policy

Non-refundable deposit

A non-refundable deposit of \$50 per person is required upon registration for the retreat. \$500 of these collected funds will go to Wangapeka to confirm our booking with them. The rest will sit in the retreat account to go towards admin fees.

Weekly payment option

Participants are invited to pay their retreat fee off over 35 weeks, beginning in January 2025, to make it more affordable. Those in **shared accommodation** would be invited to pay \$10 a week with the final week's payment being \$6. Those choosing the **camping** option would pay \$8 a week.

Lump sum payments

The retreat should be paid in full by September 12, 2025.

Bank details

The account for payments is **Time to Realign: 38-9007-0800458-07**. Please reference your name and TtoR when you set up your AP or make a lump sum payment.

Cancellation

We understand that things come up that we can't control. We are co-creating this event and we want to make it as user-friendly as possible. If cancellation happens before the 12th of September 2025, you will receive a refund less your non-refundable \$50 deposit. If cancellation happens after the 12th of September, if we are able to find someone to take your place, you will receive a refund less your non-refundable \$50 deposit. If we are unable to find someone to take your place then you will receive a refund less your non-refundable \$50 deposit and less the \$75 admin fee.

Registration

Registration will open in January 2025. Please let us know if you would like to be part of the retreat and you will be sent the link as soon as it is available! :)