



WAIRARAPA!
10am FRI 20 NOV
to
4 pm SUN 22 NOV
2015

re-wild YourSelf

3 DAY RETREAT

Discover new ways to...
Unplug and Reconnect to
NATURE and to you.
Guided group and SOLO
ADVENTURES. Lodge,
Food, Fire, Hot tub, Massage...

SLOW OUTDOORS for MIND+ BODY+ SOUL

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Liana



WAIRARAPA,
10 AM FRIDAY 20 TO 4PM SUNDAY 22 NOVEMBER 2015.

IS IT FOR ME?

The retreat is for anybody who is curious to find out what focussed time in nature can do for them. We all know that getting out into the wild world can help you to see things differently, relax and recharge. The retreat, through fun, engaging and gently challenging micro-adventures will give you new techniques and insights into the power of nature connection. You do not need to be a super-fit outdoor ninja to attend – but if you are, you may still find that slowing down in nature reveals new things. You may not consider yourself an outdoor person at all, but there is something calling you to put your device down and come and just “be” for a while.

WHAT WILL WE DO?

Through guided outdoor and indoor activities you will experience new ways to connect with nature and to yourself. The programme will be flexible to suit the group and the conditions and can include:

- Gentle wanders
- 1-4 hour solo time (supported to be safely by yourself)
- Loads of yummy nourishing food
- Group chats about the day
- Exploring tracking techniques
- Soaking in a hot tub under the stars
- Trying out relaxation techniques
- Watching the sunrise
- Sharing stories around a campfire
- Enjoying an optional massage
- Creating environmental art
- Relating your experiences to life
- Idling by a river

WHO RUNS IT?

Your guide is Liana Stupples. Liana somehow helps you feel relaxed and open to new experiences; she will stick beside you as you challenge yourself. She is a person who can find the playful side of most things and she commits to bringing an engaging energy as well as sensitive facilitation skills to every event she runs. She has a deep love and appreciation of the natural world, particularly the Aotearoa bit. After a varied international “career” she has now relented to doing what she enjoys and believes makes a difference; connecting people and nature. Liana runs a smart and safe programme; she has a MSc in Natural Resource Management, has a strength in eco-psychology theory and practice, holds a Diploma in outdoor adventure and is current in advanced first aid.

WHERE IS IT AND HOW DO I GET THERE?

We will be based at a charming and comfortable off grid lodge in the foothills of the Tararau Range near Carterton, Wairarapa. You will sleep in shared bedrooms and use shared bathrooms. We will share some simple housekeeping (e.g. drying the dishes). You can drive there (there is an un-sealed road for 10 km) please let us know if you want to ride share. We encourage you to get the train and be picked up from the station.

WHAT WILL IT COST?

You are asked to give a koha of \$290 total to cover the shared costs of the retreat. There is also the option of offering goods or services in exchange for a place on the retreat. For those who want to pay it forward (koha in excess of the basic rate) this will be used to fund future retreat places for those who have particular challenges .

WHAT DO I BRING?

You will be provided with a gear list which will include layers of warm clothing and sheets and towels. Outdoor gear can be provided if needed. There is no point in bringing any electronic devices as there is no signal and we need to conserve electricity and get our lives back ;-). Please do not bring any recreational drugs or alcohol (we may share provided local wine/beer with the evening meal on the last night)

HOW DO I BOOK?

There are limited places for 6-12 people. To ensure your place please complete the application form and make an initial deposit of \$100. Please note all the “fine print” on the application form.

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