



THE LANDING
BAY OF ISLANDS NEW ZEALAND



WOMEN'S WELLNESS WEEKEND

Rejuvenate your mind, body and soul at a luxury wellness weekend set in an incredible natural paradise.

Friday 25 - Sunday 27 March 2022

The beauty and tranquility of The Landing in the Bay of Islands is the ideal escape for a three-day wellness journey with yoga and mindfulness teacher Barbara Draper. You will be nurtured, nourished and taken care of by our talented team during your stay in our luxury accommodation, with everything you need to relax, unwind and reset right at hand. Perfect for friends to enjoy time together and participate in all or as many sessions as you like.

THE WEEKEND INCLUDES

Guided meditations (no experience necessary)

Yoga with instructor (no experience necessary)

Fireside chats on an array of wellness topics

All meals

Cooking demonstrations with The Landing chef

Mountain bikes, paddleboards, kayaks, tennis court, gym, steam room and extensive walking tracks

Vineyard tour

Sightseeing trip on The Landing boat Iti Rangi

Guided kiwi-spotting walk

Wine tasting

Single suite	\$2,800 for two nights
Twin suite	\$2,400 per person for two nights

WOMEN'S WELLNESS WEEKEND PROGRAMME

Friday 25 - Sunday 27 March 2022

FRIDAY 25 MARCH

12.30PM

Lunch in your Residence

2PM

Introductory session at the Gabriel Residence fireside lounge with Barb Draper, Mindfulness instructor

– Mindful walking – walks around The Landing to soak in the environment

4PM

Sightseeing boat trip

5PM

Wine tasting in the tasting room

7PM

Dinner in the Gabriel Residence

8PM

– Fireside chat in the Gabriel Residence on how to practice mindfulness in daily life

– Meditation in the yoga studio

SATURDAY 26 MARCH

Breakfast at leisure in your Residence

9.30 - 10.30 AM

Yoga followed by meditation in the yoga studio

11.30AM – 12.30PM

7 strategies to integrate mindfulness into a busy or stressful life in the Gabriel Residence fireside lounge

Lunch at your leisure in your Residence

2PM

Cooking demonstration with The Landing Chef at the Gabriel Residence

4PM

Yoga in the yoga studio

7PM

Dinner in the Gabriel Residence

8PM

– Fireside chat in the Gabriel Residence lounge on powerful methods to help you respond rather than react and make wiser choices

– Meditation

9PM

Guided Kiwi spotting walk

SUNDAY 27 MARCH

Breakfast at leisure in your Residence

9.30 - 10.30AM

Yoga followed by meditation in the yoga studio

12PM Wrap up session in the Gabriel Residence

Lunch in the Gabriel Residence

Depart at your leisure

ALSO AVAILABLE AT AN ADDITIONAL COST

– Massage, beauty therapy can be booked prior to arrival at an additional cost of \$180 inc GST

– Private one on one pre booked session with Barb for an additional cost of \$200 inc GST

– The Landing Wine is available for purchase throughout your stay

TOPICS COVERED

– How to practice meditation (the formal practice of mindfulness)

– How to focus on the breath and cultivate moment to moment awareness

– How to work skilfully with difficult emotions and thoughts

– How to switch out of stress and into calm in under 60 seconds

– How to shift from autopilot living into conscious living

– How to break through limiting beliefs and mind patterns

– How to work skilfully with addictive behaviour

– How to unveil the innate peace, wholeness and wisdom that are your birth right

OPTIONAL ACTIVITIES INCLUDED IN THE WEEKEND

– Paddleboarding

– Kayaking

– Mountain biking

– Tennis



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