



## WOMEN'S WELLNESS WEEKEND

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

Friday 27 - Sunday 29 October 2023

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.

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### 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, paddle boards, 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

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Single suite	\$2,900 for two nights
Twin suite	\$2,500 per person for two nights

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# WOMEN'S WELLNESS WEEKEND PROGRAMME

Friday 27 - Sunday 29 October 2023

## FRIDAY 27 OCTOBER 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 about what Mindfulness is and what it isn't and how it can help in daily life, followed by a short guided practice to get a sense of what Mindfulness is

– Meditation in the yoga studio

## SATURDAY 28 OCTOBER

Breakfast at leisure in your Residence

8AM

Yoga in the yoga studio

8.45AM

Half hour group meditation in the yoga studio

11.30AM – 12.30PM

Free time

Lunch at the Gabriel 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 how to make wiser choices by responding rather than reacting and about the importance of Self-compassion, which is implicit in Mindfulness, for our healing and happiness

–Meditation

–Guided Kiwi spotting walk

## SUNDAY 29 OCTOBER

Breakfast at leisure in your Residence

8.30AM

Yoga in the yoga studio

9.15AM

Half hour meditation in the yoga studio

12PM Wrap up session in the Gabriel Residence

Depart at your leisure

## OPTIONAL ACTIVITIES INCLUDED IN THE WEEKEND

– Paddleboarding

– Kayaking

– Mountain biking

– Tennis

## ALSO AVAILABLE AT AN ADDITIONAL COST

– Massage, beauty therapy can be booked prior to arrival at an additional cost

– Private one on one pre booked session with Barb for an additional cost

– 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



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