

Kia ora and welcome to the Bay of Many Coves Wellness Retreat August/September 2023



We have partnered with The Spa Nomad and designed a programme of restorative practices, self-care, and wellness to delight your senses and nourish your mind, body and soul.

During your stay:

- Wake up to native birdsong and beautiful views of the Marlborough Sounds
- Start your day with a cold plunge in the bay (optional) or an early morning run to the Lookout
- Still your thoughts with daily mindfulness and guided meditation
- Centre yourself with a daily movement practice
- Nourish your body with delicious plant-based meals and juices prepared by our Executive Chef
- Explore the healing power of herbs at our Herbal remedy workshop
- Delight in our guided native bush walks and night walk to the glow worms
- Restore your body with two spa treatments (massage or facial) during your stay
- Enjoy some alone time and the full use of our Lodge facilities (hot tub, heated swimming pool and watercraft)
- Lose yourself whilst gazing at the night sky
- Join us for a Champagne tasting on the last night before we say '*Mā te wā*'

Retreat dates 2023

- **In August:** Thursday 24th – Monday 28th August 2023
- **In September:** Monday 11th – Friday 15th September 2023

Pricing:

- **\$5,850 (incl GST) per person (based on 1 person in a 1-bedroom villa)**
- **\$4,650 (incl GST) per person (based on 2 people sharing a 2-bedroom villa)**
- **Partner supplement \$1,100 (incl GST) – for partners sharing a room and not participating in the Wellness programme (other activities available – please enquire)**