

...A Weekend of Being... Reflection, Art & Inspiration

Escape to a weekend where inspiration meets tranquility, nestled in the embrace of nature- welcome to Aio Wira Retreat Centre and our gathering.

Where:

AIO Wira Retreat Centre
8 AIO Wira Rd
Te Henga
Waitakere
Auckland

When:

Fri 20th June 4pm
Sun 22nd June 1:30pm
2025

Investment:

\$500pp
\$100 Non-refundable
deposit required before
1st June 2025

For more details and itinerary
contact Jo
0210506346
info@fusionbody.co.nz

Constructive Rest.

Learn this gentle alignment sequence to take your body out of flight/fight & freeze, restoring it to rest/digest & heal. You will be amazed at how simple this practice is and the benefits that come with it.



Nature Art.

Collecting natural elements in our surrounding bush to craft forms of temporal art encouraging relaxation and mindfulness. Breath in the world outside.

Saturday Night Gathering:

A space for reflection & rhythm. Feel into joy and release with ease.

There will be time for your own space, spa, sauna. Massage on request (@ additional cost).

Gentle exercise, breath work, amazing food and beautiful surroundings with bush walks and the beach nearby.