

A Weekend of Being

Rest, Reconnect, Recharge

Escape to a weekend where
inspiration meets tranquility, nestled
in the embrace of nature.

Aio Wira Retreat Centre
8 Aio Wira Road
Te Henga
Waitakere, Auckland

4pm Friday 13th March -
1.30pm Sunday 15th March
2026



Investment \$650 per person
\$100 non-refundable deposit to secure your
accommodation by 30th January 2026

For more details and itinerary
contact Jo 021 050 6346
info@fusionbody.co.nz

Your weekend Includes:-

- Constructive Rest Position
- Learn Molhala Bodywork Sequence
- Flax harvesting and Weaving
- Gentle Exercise
- Nature Walks
- Create your essential oil fragrance
- Sauna and Spa
- Comfortable Accommodation
- Delicious Food