

Mind. Body. Heart. Soul

www.healingholistically.co.nz

An immersive weekend to pause, reflect and realign

Wellington | 17 - 19 January
Auckland | 31 January - 2 February





Welcome

Kia ora, and welcome to Holistic Healing Retreats! These retreats are thoughtfully designed to help you pause, reflect, and reconnect with what truly matters.

True healing begins when we nurture the interconnectedness of body, mind, heart, and soul. Our retreats offer a unique opportunity to rediscover balance in a supportive and serene setting.

Whether you're new to holistic healing or continuing your journey, we can't wait to welcome you to a nurturing space of growth and transformation.

Welcome to Holistic Healing Retreat

What To Expect

A nurturing 3-day retreat designed to bring balance, clarity, and a sense of purpose.

Intimate group size (10-15 participants) for meaningful connections and personalized experiences.

Practical workshops blending modern mindfulness techniques with ancient holistic practices.

Retreat Facilitator



The retreat facilitator Komal Totlani (she/her) is a recovering physiotherapist turned inclusion and belonging professional, a group facilitator and growth mentor who considers herself to be a student of life pursuing wisdom and healing.

Komal's journey began in the world of physiotherapy, where she helped people heal physically. Over time, Komal felt drawn to a deeper exploration of overall well-being, connection and healing, which led her to focus on fostering inclusion, belonging, and personal growth. Now, she guides individuals and groups in creating meaningful relationships and unlocking their fullest potential.

A dedicated spiritual explorer and meditator, Komal incorporates meditation and breathing exercises into her retreats, offering tools for balance and self-discovery. As an inclusion and belonging professional, Komal is passionate about creating safe, authentic spaces where people feel empowered to embrace their true selves. Having worked through her own challenges using a holistic approach, she brings intuition, compassion, and genuine care to every individual's healing process.

Daily Schedule Overview

(Exact times and activities may vary)

Our retreats are thoughtfully designed to create a balance between structured activities and time for rest, reflection, and connection. Below is an indicative flow of the retreats:

Day 1: Arrival & Connection

3:00pm - 4:00pm: Arrivals, check-in

4:00pm - 6:15pm: Opening circle, whakawhanaungatanga, grounding exercise

6:15pm: Dinner

7:00pm: Evening circle

Day 2: Exploration & Growth

6:00am - 7:30am: Morning activity - connect with self, nature and present
(optional but highly recommended to help set you up for the day)

7:30am - 9:00am: Breakfast

9:00am - 12:30pm: Workshop (break included)

12:30pm - 2:30pm: Lunch and free time

2:30pm - 6:00pm: Workshop (break included)

6:00pm: Dinner

7:00pm: Evening circle

Day 3: Reflection & Closing

6:00am - 7:30am: Morning activity- connect with self, nature and present
(optional but highly recommended to help set you up for the day)

7:30am - 9:00am: Breakfast

9:00am - 12:30pm: Workshop (break included)

12:30pm - 2:00pm: Farewell lunch and free time

2:00pm - 3:00pm: Conclusion and closing circle

The retreat ends with a sense of renewal, clarity, and connection as we prepare to return to our daily lives.

Workshops & Activities

Our workshops include a holistic and intuitive approach where we incorporate a range of ancient and modern tools and techniques that guide you to work through each of the elements: mind, body, heart and soul; individually as well as collectively and give you practical tools to bring them in alignment. Some of the activities and tools that we offer at our retreats are:

Grounding Practices: Techniques to help you stay present, connected and oriented.

Meditation & Pranayam: Ancient meditation and breathing techniques to center your mind and body.

Connecting with Nature: Time in nature - walks, gentle exercises and other nature activities to activate your curiosity, creativity and deepen your connection with the environment.

Healing Workshops: Interactive sessions on identifying, embracing and releasing patterns that don't serve you anymore, cultivating new habits and embracing authenticity.

Gentle Yogic Practices: Accessible yogic practices for all levels, designed to restore balance and increase vitality.

Unpacking & Journaling: Learn the interconnectedness of mind, body, heart and souls by unpacking and realigning each of these elements. Journal to reflect on your journey and growth.

Sharing circles: Connect with the community by sharing and holding space for each other.



Accommodation

Wellington

Our Wellington venue is the beautiful Waihōanga River Lodge and Retreat Center which is a serene sanctuary nestled on the southwest coast of Aotearoa, spanning 10 acres of lush New Zealand bush.

With its welcoming atmosphere, large garden, extensive woodlands, and access to the stunning Ōtaki River, this venue offers the perfect escape to explore, unwind, and reconnect with nature.

The venue features private group accommodation, including a main lodge, cabins, a fully equipped kitchen, and a camping area near the river. The lodge provides a spacious lounge, dining area, conservatory, and four bedrooms, accommodating up to 26 people (10-bunk, 8-bunk, 4-bunk, and 4 singles).

The accommodation at this venue is mostly shared with single and bunk beds. Depending on the numbers, availability of rooms and participant needs, we may be able to accommodate private rooms to some participants.

Limited number of bigger/private room options (1 bedroom studio and single cottage) are available at an extra cost of \$200 per person for the retreat (3-days).

Bathrooms, toilets, kitchen are shared, unless you get the 1 bedroom-studio option.
There are 6-showers and 6-bathrooms in total.



Accommodation

Auckland

Our Auckland venue is serene and welcoming Bella Rakha Retreat Center, nestled at the base of Waitakere Ranges in Oratia, Auckland. Set amidst 32 acres of park-like grounds, the property features a harmonious blend of native bush, open spaces and secluded groves, ideal for relaxation and reflection.

The center offers 14 twin-share rooms each thoughtfully furnished to ensure a comfortable stay. Guests have access to shared kitchen, bathrooms (8) and showers (8).

With a commitment to intimate retreat experience, we limit our numbers to a maximum of 10-15 participants. This allows us to offer private rooms to those seeking additional solitude.

Each room is equipped with heaters, mattress protectors, pillows, duvets and blankets to ensure comfort throughout your stay.

The tranquil surroundings of Bella Rakha, with its lush greenery and peaceful ambiance, make it an ideal place to unwind and connect with nature.



Food

All meals are included in the retreat fees.
Wholesome, home-cooked vegetarian meals using fresh, seasonal ingredients. If you have any dietary requirements, just let us know.



What's Included

Holistic Healing Retreats are an all inclusive experience. The retreat costs include:

- 3 days, 2 nights' accommodation
- All meals and snacks
- Workshops and materials
- Meditation, breathing and yogic practices sessions
- Guided activities



What's Not Included

- You will have to plan for your own transportation to and from the venue. We may have some participants who offer rides, if you are keen to offer or request a ride, please let us know and we can connect you in with other ride-share interests.
- Additional beverages or snacks beyond provided meals
- Personal items
- Anything not specified in the What's Included page above.



Pricing & Payment Options

Investment in Your Healing Journey

\$950 per participant

With our 15% discount available until 16 January, the cost comes down to **\$807.50**.

Payment Plans:

4 interest-free payments via Afterpay.

2 equal payments directly to our bank account



Frequently Asked Questions

Is the amount refundable if I change my mind?

No, the retreat fee is non-refundable.

Can I give my spot to someone else if I can't make it?

Yes, you can transfer your spot to someone else, but you must let us know at least 7 days before the retreat.

How do I get to the venue?

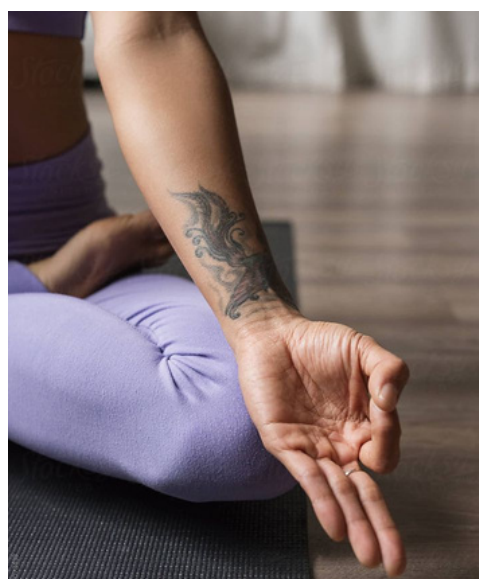
Visit our website for the address and map links for our Wellington and Auckland venues: www.healingholistically.co.nz. Public transport options might be available nearby, so we encourage you to plan ahead.

How do I prepare for the retreat?

Plan your travel in advance, including your return. Venues are often outside the main city areas, so public transport options may be limited near the venue.

Do I need to bring anything?

January is summer in NZ but bring layers for unpredictable weather. Pack sturdy shoes, raingear, and togs if you'd like to explore water bodies near the venues. Bring any personal medication and, optionally, a journal for notes (workbooks will be provided). You can bring shawls/stalls to use during meditations and yogic practices if you prefer using them. Last but not the least, bring an open heart and mind to make the most of your time at the retreat.





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