



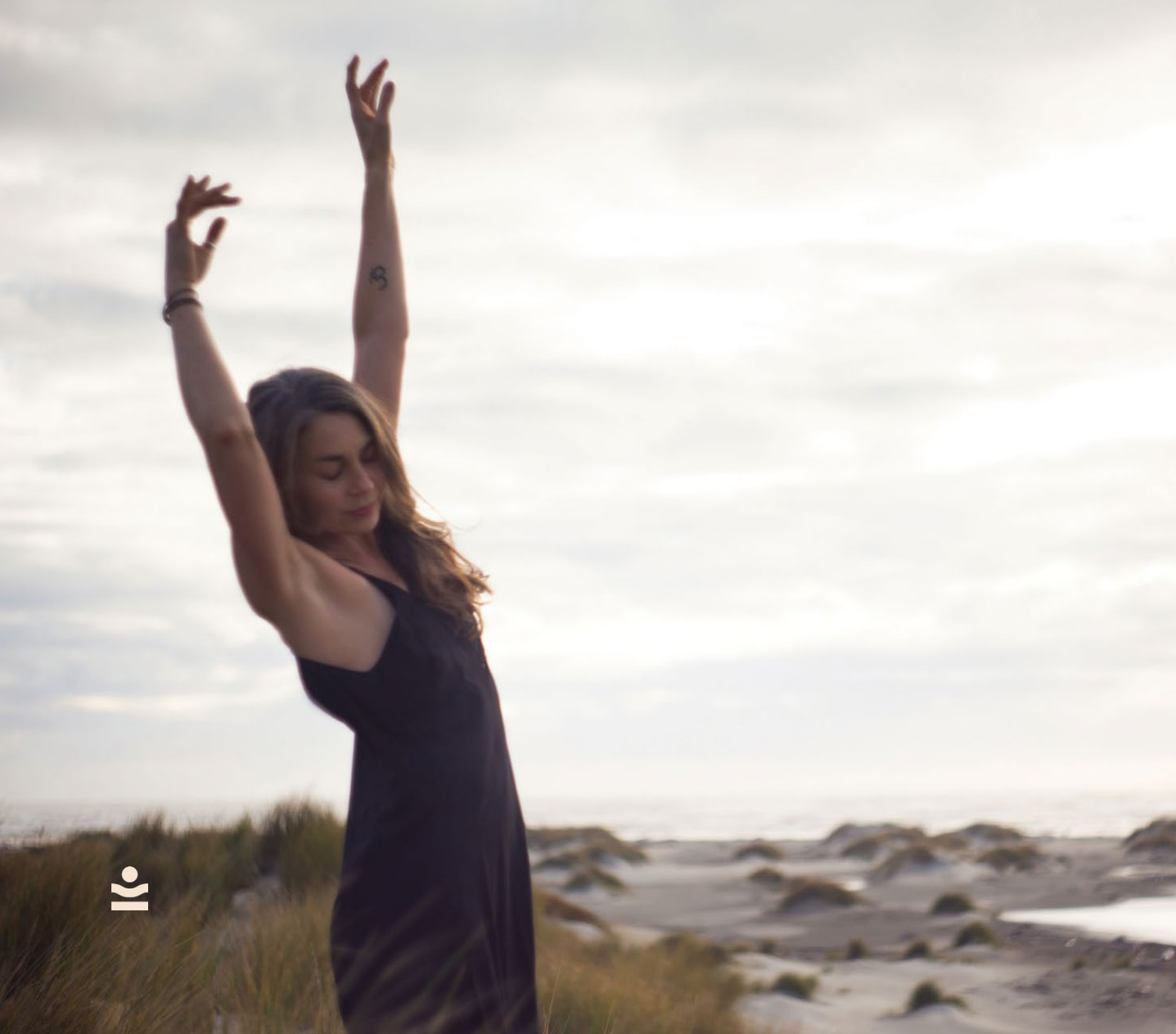
# The Art of Self-Care Ayurveda Retreat

**Waimārama, Hawke's Bay**

Join us for 3 nights in Waimārama

 the yoga travel co.





## Brighten your wellbeing

---

Daily self-care is a radical act. Becoming familiar with the unique way you best metabolise food, fluid and life is the most precious gift you can offer yourself. Everything coming in through your five senses needs to be digested, assimilated, stored, or released for you to experience wellbeing. When you learn how to listen and respond to your body, you feel sweet and sassy in your own skin — there's the undeniable glow of someone who is fully embodied and fully alive.





## Brighten your wellbeing

---

This 3-night women's only retreat is inspired by the elegant and everyday wisdom of an eastern system of health called Ayurveda. Together, we'll learn about the foundational principles of Ayurveda, how to discover your mind/body type, and how to recognise early signs of dis-ease. We'll explore ways to restore balance through nourishing embodied practices, daily rejuvenation, yoga and meditation, sacred ritual, and wholesome food. Embracing the timeless wisdom of Ayurveda will amplify wellbeing, deep contentment and resilience in all areas of your life.



## What is Ayurveda?

---

Ayurveda, known as 'the divine knowledge of life', is a mind/body system of medicine and sister science of yoga. Inspired by the powerful laws of nature, Ayurveda offers a simple language and template to awaken radiant health from within.

Over 5,000 years ago, Ayurveda understood that most imbalances begin in the gut and if not corrected will eventually manifest as dis-ease. Ayurveda focuses on sustaining strong digestive strength through a combination of nourishing food, lifestyle guidance, and beautiful rejuvenation suited to your mind/body type.

Ayurveda is not a one-stop shop. While it honours universal laws, Ayurveda celebrates your distinct nature. Remedies and rituals are different for everyone because each of us is unique. At the heart of Ayurveda is a joyful daily and seasonal routine, inviting us to blend with the circadian rhythms of the day and the changing seasons of the year.





## Details

---

### Dates

Thu 12 Sep—Sun 15 Sep 2024

### Retreat Times

Day one starts at 2:30pm

Day four ends at 11am

### Venue

Cape South Wellness Retreat  
Waimārama, Hawke's Bay

### Nearest Airport

Hawke's Bay Airport, Napier

### Teachers

Kirstie Cleary & Bridget Schaeffers

### Pricing

Twin-Share:

\$1899 per person

Private:

\$2599 per person



“Offering yourself moments of self-care doesn’t mean that you care less for others. Someone who nourishes their body, mind and spirit is tending to The Whole. This goodness ripples out like a gift to be shared with loved ones, community and world.”

**Kirstie Cleary**





## Experience

---

**From \$1899 per person twin-share, this retreat package includes:**

- 3 nights luxury accommodation
- Wholesome Ayurvedic vegetarian meals
- Return airport transfers
- Opening and closing ceremonies
- Morning Mantra & Meditation
- Morning Flow Yoga
- Workshop: Ayurveda Essentials
- Workshop: Daily Routine | Self-Massage
- Cooking Class: Kitchen Medicine Spice Class
- Sacred Cacao Celebration
- Guided Meditation
- Full access to all Cape South facilities, including magnesium pool, infrared sauna and hot tub.
- Free time to rest and restore





## Teachers

---

### Kirstie Cleary

Kirstie is an accomplished Ayurveda, Yoga and Tantra teacher who gathers the best of eastern wisdom to inspire others to care for, cherish and celebrate their beautiful body.

Having studied Ayurveda in New Zealand and at an Ayurvedic treatment centre in India, Kirstie focuses on simple and effective ways to create daily self-care through diet, lifestyle and rejuvenation. Kirstie is known for re-imagining wellbeing as a natural and sensuous aliveness available to anyone at any age. She believes that self-care should be easy and enjoyable; the only prerequisite is a willingness to fall in love with sweet and nourishing practices.

Kirstie adores having adventures both at home and in far-away places, and deliberately gives herself permission to explore new landscapes. She lives on the wild south coast of Wellington, has three adult children, and is currently completing a Master of Health.

[Click here to find out more about Kirstie](#)



## Teachers

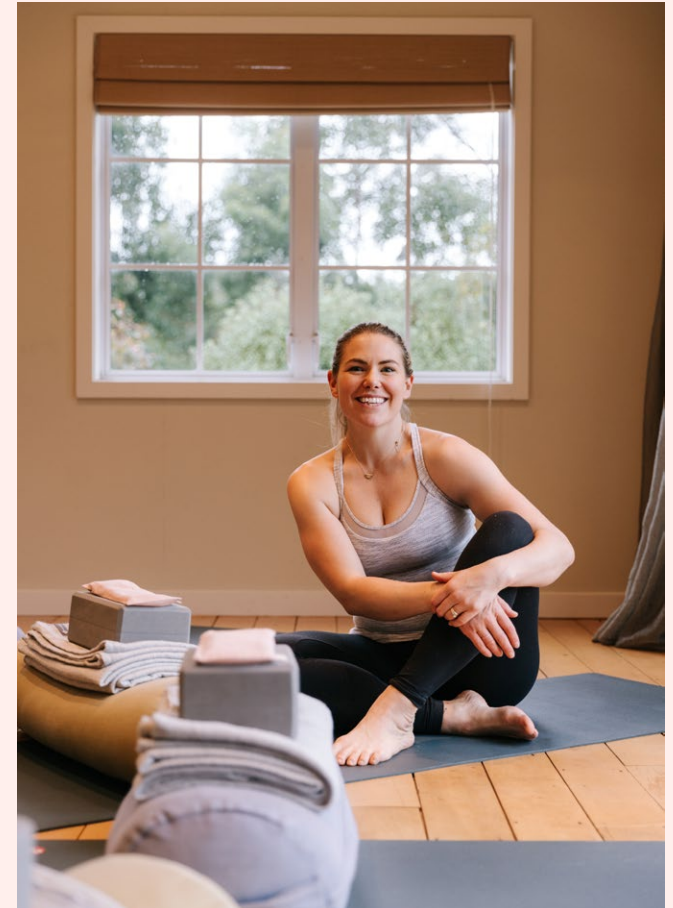
---

### **Bridget Schaeffers**

Bridget first discovered yoga in 2013 when her inner guide led her on a solo adventure to India. She attended her first yoga class in the spiritual town of Dharamshala, home to the Dalai Lama, an auspicious beginning, for certain.

Under the guidance of skillful teachers and the lens of her own devoted curiosity, Bridget's practice has deepened and evolved. She has studied in both India and New Zealand and is currently completing her advanced 300hr teacher training with The New Zealand Yoga Collective.

In 2018, Bridget combined her 6 years of tourism industry experience with her love for sharing yoga — and the Yoga Travel Co. was born. A true synergy of her passions — yoga, travel, and people. She believes that we're all connected through the universal power of love and can experience divine moments of truth, healing and transformation through these ancient practices. Living in the sunny Hawke's Bay with her daughter and husband, Bridget lives and teaches from the heart.





## Stay

---

### **Cape South Wellness Retreat, Hawke's Bay**

Welcome to Cape South Wellness Retreat. Nestled within 16 acres of sprawling gardens and grounds, the stunning private retreat's state-of-the-art facilities include a heated magnesium pool, spacious verandahs, an infra-red sauna, and spa pool.

The enchanting French colonial-style homestead is just 20 minutes from Havelock North, 40 minutes from Napier airport, and 8 minutes from Waimārama Beach. Luxuriously and generously furnished, Cape South was ranked by the Guardian as #1 in their ranking of the five best Antipodean retreats. And with stunning views of the Waipuka hills and sea, it's no surprise this picturesque homestead topped the list.



# Sleep

---

## Accommodation at Cape South Wellness Retreat

Cape South guests will be treated to a slice of Hawke's Bay luxury. The homestead itself boasts six en-suite bedrooms, a sitting and dining room, large breakfast room, and well-appointed kitchen. There's a mixture of queen-size, super king, and twin beds available, and WiFi throughout.

The cottage is home to two beautiful ensuite bedrooms – one twin, one queen – a kitchen, living and dining area, along with a cosy wood stove. Built in a charming French colonial style, surrounded by beautifully-tended gardens, the entire property offers an intimate and luxurious escape from everyday life.







## Eat

---

The most important ingredient in Ayurvedic cooking is... love. You can eat the best organic food cooked by the best chefs but if the food is not prepared with love, then it's harder to digest.

We always cook with love and follow Ayurvedic principles of preparing fresh produce to create nourishing dishes that contain the six tastes: sweet, sour, salty, bitter, pungent and astringent. When all six tastes are present on the plate, our body and mind are satiated, serene and content.

While there is a focus on warm, cooked dishes, Ayurvedic cuisine is not limited to Indian food. Combining sattvic (harmonising) ingredients, eating seasonally, using fragrant spices to support digestion, and appreciating the delicious meal in front of you makes every meal an Ayurvedic feast!





# Schedule

---

## Day One

### 2:30PM – 3:30PM

#### Arriving & Settling

Exhale. Settle into your new space.  
Hydrate with a cup of fragrant herbal tea. Relax.

### 4:30PM – 6:00PM

#### Opening Circle

Come together for our sacred opening ritual, followed by gentle yoga to come home to your body and breath.

### 6:30PM – 8:00PM

#### Welcome Dinner

Gather together for a delicious dinner.

## Day Two

### 6:30AM – 8:00AM

#### What Is Soft Is Strong

Explore the polar opposites of Yin and Yang energy and restore balance in the body through slow and mindful dynamic movement.

### 8:00AM – 9:00AM

#### Breakfast Buffet

Delight your taste buds with our nourishing breakfast.

### 10:00AM – 12:00PM

#### Ayurveda Essensuals

Discover the foundational principles of Ayurveda including your mind/body type and how to recognise imbalances and restore harmony.

### 12:30PM – 1:30PM

#### Lunch

Gather together for a scrumptious lunch.

### 3:00PM – 4:30PM

#### Kitchen Medicine Spice Class

Discover the powerful health benefits of spices and easy ways to use them daily to support your wellbeing.

### 6:00PM – 7:00PM

#### Dinner

Gather together for a delicious dinner.



# Schedule

---

## Day Three

### 6:30AM – 8:00AM

#### A Love Letter, To Self

Direct the energy of love inward and allow the beauty of your heart to unfold during this rejuvenating flow yoga class.

### 8:00AM – 9:00AM

#### Breakfast Buffet

Delight your taste buds with our nourishing breakfast.

### 10:00AM – 12:00PM

#### Daily Routine | Self-Massage

Learn about optimising a healthy daily routine and experience the exquisite self-care practice of Abhyanga (self-massage).

### 12:30PM – 1:30PM

#### Lunch

Gather together for a scrumptious lunch.

### 3:00PM – 4:30PM

#### A Sacred Cacao Celebration

Come together for the healing and heart-opening experience of our sacred cacao ceremony. This ancient ritual is an invitation to reflect, connect with your deepest desires, and be infused with divine goodness and inspiration.

### 6:00PM – 7:00PM

#### Dinner

Gather together for a delicious dinner.

### 8:00PM – 8:45PM

#### Sweet Savasana

This experience is a slow, sweet surrender into a deep rest state.

## Day Four

### 6:30AM – 8:00AM

#### Live Like The Lotus

Connect to your inner wisdom and reveal the beauty of your true self through embodied enquiry, breath and flow.

### 8:00AM – 9:00AM

#### Breakfast Buffet

Delight your taste buds with our nourishing breakfast.

### 10:00AM – 11:00AM

#### Closing Circle

Come together for our sacred closing ritual. This is a time for reflection, sharing and intention. We farewell the space and each other until we meet again.





# Book your spot today

For bookings, pricing details, and more information, contact the Yoga Travel Co.

[hello@theyogatravelco.com](mailto:hello@theyogatravelco.com)  
[theyogatravelco.com](https://theyogatravelco.com)  
0800 YOGACO

 **the yoga travel co.**