



Pillars of Joy Mindfulness Retreat

Waimārama, Hawke's Bay

Join us for 3 nights in Waimārama

 the yoga travel co.





Connect to your joy and flourish in your life

This 3-night retreat has been lovingly designed to help you cultivate joy in all areas of your life. Through daily rituals and joyous experiences, you'll explore the many layers of joy and why it's one of the foundations of a life lived well. You'll learn how to savor appreciative joy; an emotion that can open you up to life's beauty, clarity, contentment, and the many possibilities available to you in any given moment.

When life is busy, stressful, and overwhelming, we can easily lose touch with what brings us joy. This retreat will provide a sacred space for you to explore what helps you thrive and lifts your spirits, so you can use this as a compass going forward. With a unique blend of mindfulness, movement, dance, play, laughter, and connection, you'll experience the joy of community and the quiet moments of self-reflection. Embracing these practices will allow you to feel a deep sense of gratitude, cultivate enthusiasm, and awaken your inner state of bliss.

Appreciative Joy (Mudita) & the ‘Brahmavihārās’

“The present moment is filled with joy and happiness. If you are attentive, you will see it.” — **Thích Nhat Hanh**

The ‘Brahmavihārās’ also known as the ‘Four Immeasurables’ are a concept in Buddhist philosophy made up of four emotional virtues of a sublime attitude. The four boundless emotions within the ‘Brahmavihārās’ are ‘loving kindness’, ‘compassion’, ‘appreciative joy’ and ‘equanimity’ — they are known as the classical Buddhist Heart practices. These attitudes are not something we have to create, the seed of them resides in all of us. However, like all seeds, they need to be nurtured and provided the right conditions to flourish, and when they are, their potential to create goodness in our life is

immeasurable. These profound attitudes, when practiced, will uncover your natural capacity to live your life easefully and with a peaceful heart.

The essence of appreciative joy (also known as Mudita) is our ability to notice and delight in all that’s good in the present moment. A sense of contentment free from any kind of restlessness, striving, and resistance. By building our capacity for appreciative joy, we can savour the different experiences of joy available to us and find goodness even in challenging situations.



Details

Dates

Thu 23 May—Sun 26 May 2024

Retreat Times

Day one starts at 3pm
Day four ends at 11am

Venue

Cape South Wellness Retreat
Waimārama, Hawke's Bay

Nearest Airport

Hawke's Bay Airport, Napier

Teacher

Lotty Roberts

Pricing

Twin-Share:
\$2099 per person

Private:
\$2899 per person



Experience

From \$2099 per person twin-share, this retreat package includes:

- 3 nights luxury accommodation
- Delicious vegetarian meals
- Banquet lunch at Craggy Range Winery
- Opening and closing ceremonies
- Daily yoga and meditation
- Mindfulness practices and talks to invoke joy
- Uplifting dance workshop
- Joyful dance class
- Hike up Te Mata peak
- Cold water immersion experience
- Breathwork journey
- Plenty of free time to relax and reflect



Teacher

Lotty Roberts

Mindfulness teacher, Emotional Wellbeing Coach and 200YTT

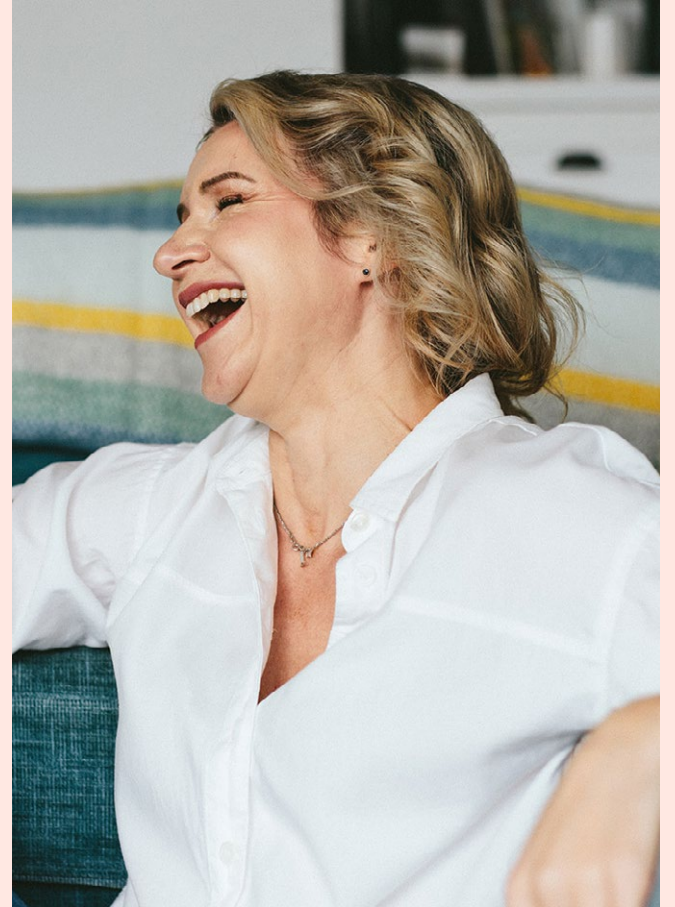
Lotty is passionate about helping people flourish from the inside out. For over 20 years, Lotty has been helping people and organisations lead themselves through the challenge of change.

During her own rocky life journey, Lotty discovered the ancient practices of mindfulness, yoga, and studied the wisdom of emotions, to help her manage chronic pain, stress and burnout.

Inspired to share these teachings, Lotty started her business MiND.U, where she is devoted to helping others build the capability and understanding to mindfully navigate themselves through the ever changing, fast paced and often challenging world we find ourselves in.

Lotty is a registered mindfulness teacher, Soma Breathwork instructor, yoga teacher (200YTT), and one of the world's most experienced certified emotional culture specialists. Lotty works with a range of people and communities across NZ and internationally. As well as retreats, Lotty runs public workshops and courses, and is a regular speaker on the topics of mindfulness, emotions, resilience, self-compassion and emotional leadership.

One of Lotty's favourite quotes is:
"You can't stop the waves, but you can learn how to surf" by Jon Kabat-Zinn.



Stay

Cape South Wellness Retreat, Hawke's Bay

Join us in the healing embrace of 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 ensuite 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

It's our belief that healthy and wholesome food is a critical ingredient for mindfulness. In line with that belief, the retreat's menu will be vegetarian and gluten-free.

During your time on this retreat, gourmet meals, snacks, and herbal teas will be included as part of the package. Made with local produce, the food will be fresh, seasonal, and planned with the specific dietary requirements and wellness goals of our guests in mind.



Book your spot today

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

hello@theyogatravelco.com

theyogatravelco.com

0800 YOGACO

 **the yoga travel co.**