



# YOGA & LEISURE RETREAT

*stay - relax - breathe*



The team from Kiwiesque Luxury Vineyard Accommodation have collaborated with Kate McLeay (Mumma Soulfood), Gretta Carney (Hapi) and Pia Russell (Foodie) to bring you a luxurious few days in the sanctuary of Esk Valley to relax, rejuvenate and reinvigorate.



# *adventure for the soul*

Just 17km north of Napier via a picturesque drive through Hawke's Bay's rural countryside, lies the green vista of the Esk Valley, renowned for some of New Zealand's most iconic vineyards.

Surrounded by rolling hills, lush vines, breath-taking views, ever-changing forest landscapes, rivers and farms; Esk Valley is far away enough to feel secluded in you're own little sanctuary, yet close enough to Napier enjoy the fruits of the Deco city.

Whether you're a group of friends, a corporate team, a couple or an individual, our retreats will set you on the path for a healthy 2020.

## 5 - 7 JUNE 2020 INCLUDING:

- Luxurious accommodation
  - Daily yoga
  - Guided relaxations
- Nidra with Tibetan sound bowls
  - Massage
- Spa treatments
  - Daily nutritious breakfast
- House-prepared dinners with complimentary glass of wine
  - Chats with our hosts
- Picturesque hilltop walk or scenic coastal walk
- Plenty of personal free time









# ITINERARY

## friday 5 june

- 2 PM Arrive from 2 pm and settle in  
*(10 mins from Napier airport) if flights a bit earlier it wont be a problem*
- 3.30 PM Welcome from Justine, your Kiwiesque host and a chat with the lovely Kate Mcleay from Mumma Soulfood  
*with afternoon tea*
- 5 PM Therapeutic Yin Yoga class perfect for all bodies and experience levels, rounding off with guided relaxation to set the scene for a retreat into nourishment.
- 6.30 / 7 PM Dinner made by the Pia Russell  
*complimentary glass of kiwiesque wine*

## saturday 6 june

- 8 AM Qi Gong class warm up with a half hour Mindfulness session with Kate Mcleay
- 9 - 10 AM Breakfast
- 10.30 - 11.30 AM Talk with Gretta about juicing
- 12.30 PM Lunch with Gretta. Hear all about what Gretta has designed for lunch and then design your own bowl of goodness
- 1.30 PM Free time from lunch to read, rest, massage, walk to the top of the hill with Justine or hop in the car for a 10 min drive to walk along the sea front or have a massage or a facial  
*see spa & massage menu on page 6*
- 5 PM Gather around for a complimentary glass of wine from Kiwiesque, chatting with Pia while making dinner
- 6 PM Dinner  
*complimentary glass of kiwiesque wine*
- 7.30 PM Yoga and Nidra with Tibetan sound bowls with Kate

## sunday 7 june

- 8.30 AM Breakfast
- 10 AM Yoga class
- 12.30 PM Depart  
*A light lunch will be provided for those who want something*

All juice, teas, coffee and food will all be provided as well as a complimentary glass of wine each night. You are also more than welcome to BYO your own beverages including wine and beer.







# SPA & MASSAGE

A menu of spa treatments and activities to relax and rejuvenate your body, mind and spirit. Choose from a variety of different styles of massage or a facial. Enter a state of pure bliss while your mind, body and soul are cared for.

## *body*

### FOOT REFLEXOLOGY

60 min \$120

Deeply relaxation by applying pressure to reflex areas on your feet to remove energy blockages and promote health in the related body area

### THERAPEUTIC SWEDISH MASSAGE

60 min \$120 / 90 min \$180

Relieving tension in the body`s muscles and improving their flexibility this massage is also stimulating the nervous system and helping reduce emotional and physical stresses

### MIXED MODAILITY MASSAGE

60 min \$120 / 90 min \$180

A combination of modalities mixed together for you. Techniques available include therapeutic, myofacial release, therapeutic, reflexology, deep tissue, and relaxation

## *face*

### DELUXE FACIAL

45 min \$110

45 minute facial including relaxing décolleté, neck and scalp massage. It's the perfect 'pick me up!'



# FOOD & HEALTH

We are lucky to have Gretta Carney, owner and director of Hapi with us to teach us all about cold pressed juices and treat us with a delectable lunch.

Hapi is a way of living that celebrates diversity in eating styles and believe everything you eat should taste and feel delicious.

They produce integrity dense kai that caters to gluten free, dairy free, cane-sugar free, vegan, paleo and organic diets.

## *cold pressed juice demonstration*

This demonstration will cover:

- Health benefits - gut, chronic illness, general well-being
- Why use organic ingredients
- Technical things - how to juice, storage times
- Optimising the benefits - when to drink, how often etc
- Recipes to potentize your juicing
- Other ways to use cold pressed juices - sodas, dressings, desserts

## *lunch is served*

Enjoy Gretta's self assembly tacos consisting of:

- Chipotle Chicken
- Chipotle Tofu Mince
- Fresh Salsa
- Avocado
- Sprouted chickpeas & lentils
- Cos lettuce
- Vegan sour cream





# ACCOMMODATION & COST

## *bunk share*

3 x queen beds and shared bathroom

Get 3 of your friends together and share the bunk rooms & lounge area

**\$650 per person**



## *twin room*

2 single beds & private bathroom

Make new friends or book with your bestie or partner

**\$790 per person**



## *single room*

1 king bed & private bathroom

Relax and have a room to yourself

**\$1,100 per person**



\*Subject to availability, first in first served basis

\*Images are examples of layouts only as there are multiple rooms for each layout



# THE TEAM



*justine and bayden*

YOUR KIWIESQUE HOSTS

J & B have long and varied association with Hawke's Bay and the Esk Valley, and after many years sheep farming, decided to share their love of the land and the outdoors with guests on their vineyard.

They love the bounty Hawke's Bay offers – from the freshest food and the finest wine, to endless outdoor pursuits if you're keen to balance things out!

"We're delighted to live and work in this beautiful corner of Hawke's Bay, and look forward to sharing it with you."



*kate mcleay*

CORPORATE MINDFULNESS & YOGA EXPERT

Kate combines her passion and enormous expertise in Mindfulness, Meditation and Yoga with her background in education to design & present next level experiences in wellness.

She is known for her warmth, knowledge and humour as well as her ability to help the groups she works with feel quickly at ease and empowered.

She describes moving to Hawke's Bay 8 years ago after a decade living in Uganda as "a very soft landing". She had now led classes, retreats and workshops in wellness for over 15 years.



*gretta carney*

HAPI FOUNDER, OWNER/OPERATOR

Since graduating with a BA in Theatre and Film Gretta has dedicated herself to food, healing and health.

At Hapi, they create food that is plant based, nutrient dense and tastes delicious. It's also created to act synergistically to heal and enhance your brain, body and spirit.

Greta is excited to serve some of her culinary goodies and discuss the health benefits of juicing, why to use organic ingredients, recipes to potentize your juicing and more!



*pia russell*

FOODIE

Hawke's Bay is home for this tutti frutti foodie.

"Food for me is all about celebrating the seasons, being inclusive and to definitely be shared. Food can be healthy and should always be delicious"



# BOOKINGS

## *to book*

Contact Justine on [justine@kiwiesque.com](mailto:justine@kiwiesque.com) or 027 254 6291

## *how to pay*

This can be made via Bank transfer to:

**Kiwiesque**

**12 3183 0000786 00**

If you wish to explore alternative payment arrangements please let us know. Please note credit card payments have a 2.5% surcharge and a payment plan after a 50% deposit by prior arrangement.

## *what you need to let us know*

Please let us know any dietary requirements you have. We are very open to making eating a fully inclusive experience for all comers - but do note in case of any severe allergies that the kitchen is not a nut free zone. Also please inform us of any injuries past or present and any medical conditions you have and let us know any queries you may have.

## *cancellation policy*

We understand that sometimes things just happen and you may not be able to attend the retreat you were so looking forward to. If you think you will have to cancel we will do our best to help, but a first port of call would be to possibly find a friend to take your place. Should you still need to cancel post confirmation our cancellation policy is as follows.

Cancellations can be made by contacting us on [justine@kiwiesque.com](mailto:justine@kiwiesque.com). 100% refund can be made if retreat is cancelled within 48 hours of booking. A 50% refund can be made up to 30 days prior to check in. The payment is non refundable from 7 days prior to check in. Should we however be able to fill a cancelled place at short notice we will revisit this policy. Please know that by signing on to this retreat you agree to disclose any injuries, medical conditions and that you take responsibility for choosing the level of your activity over the period of the retreat in accordance to this.

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**Justine and Bayden**

**Kiwiesque: 347 State Highway 5 Napier, Hawke's Bay**

**Phone: 06 836 7216 or Justine 027 254 6291**

**[stay@kiwiesque.com](mailto:stay@kiwiesque.com)**

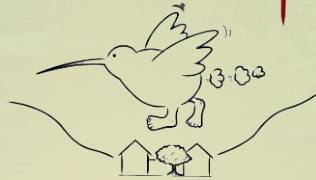
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Kiwiesque



we look forward to spending  
time with you soon

