

# WEEKEND RETREAT: RAGLAN, NZ. RETREAT. CONNECT. BREATHE.

- **Friday, November 26, 2021 14:00 PM**
- **Sunday, November 28, 2021 13:00 PM**
- **Waitetuna Retreat Centre 391 Cogswell Road Raglan, Waikato, 3295 New Zealand**

Go4it Travel is pleased to be working alongside Sista Trio Retreats

This retreat is about **connection to self**.

**Sista Trio Retreats encourage freedom from the strong message that is ingrained in our culture of constant self-improvement, with a mission for you to embody the message that...**

YOU - right here, right now, are perfectly divine and are **MORE** than enough!



There will be a lot of **fun** had!

As just because you are away on retreat, learning lots of new stuff, practicing mindfulness and yoga and all that cool (but often serious!) stuff doesn't mean you can't have a bit of fun! Treat yourself to a weekend in *charming relaxing* surroundings in Raglan, New Zealand.



Go4it Travel

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# RETREAT INCLUSIONS:

From \$599 - \$699 inclusive of all meals, accommodation and retreat activities

- Sunrise **yoga**
- Delicious wholesome plant-based food
- 3-star accommodation at a well-established retreat centre
- Interactive Naturopathic workshops with tons of **invaluable** take-home info
- **Mindful** fun movement
- **Serene**, peaceful setting
- Guided **restorative** meditations
- Chocolate (always!) and lots of **great times**
- New friendships and **connection** with other like-minded women
- Heavenly gentle bush walks
- The stunning silent temple at Waitetuna Retreat Centre
- Plus a little bit of Sista Trio Retreats **magic**

*“A wonderful weekend retreat hosted by amazing ladies, it was perfect to be able to relax and unwind. Beautiful food!”*

All sessions on retreat are *optional*. **You** are free to **choose** what you take part in. If you prefer to rest and be catered to, then go you! There is also the chance to have an **'Oh-So-Good' Massage** at an extra cost.

Sista Trio Retreats believe **ALL bodies are worthy** and are passionate about offering you a **space** that is **without judgment, inclusive, friendly, and full of love**



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