



Silver Soul

4 day, 3 night journey of self-discovery
and rejuvenation
Oceanfront, Raumati Beach New Zealand



How might your life be different if you found a space, a place of women where you were welcomed and affirmed?

A place where you could be open to finding your sacred space within, where you could be truly yourself, free, wild, open to your heart's deepest longings?

We extend to you an opportunity to prioritise your well-being and join us on a transformative journey of self-discovery and rejuvenation over four days and three nights. Come and join us in a place supported by other like-minded women, a place to be held, to be safe, to connect and to laugh and play. A long weekend to embrace vulnerability and celebrate the beauty of our perfect imperfections, to dance and sing and make creative things.





Our exclusive retreat is held on the beautiful Raumati Beach overlooking the sea towards Kapiti Island, 50 kilometres north of Wellington, New Zealand - a serene setting for an experience designed to nourish your mind and body. Offering daily yoga (suitable for beginners) and meditation, delicious, wholesome food, educational workshops on PHYSCH-K®, yoga, reiki and energy healing, and making healthy low tox lifestyle products are just some of the plans we have to nourish your soul.

Experience a sacred cacao ceremony and plenty of time for forest and beach walks, journaling and self-reflection. Sit under the stars with truthful conversations and candlelight.

How might your life change if you give yourself space for you? Come; rejuvenate your spirit and rediscover the sheer joy of being yourself.





"I am awed by the depth of healing
that comes as women sit in a circle,
by the power of women keeping
silence together, and by the truth in
their sharing."

- Judith Duerk



Daily Flow

The spa pool is available at all times. The beach and sea are right outside the gate. We encourage you to make use of these facilities at any time. All workshops and sessions are optional.

Day One Thursday

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| 3.30pm | Arrive, meet and greet |
| 4.30pm | Introductory circle/self awareness |
| 6pm | Dinner |
| Evening yin yoga followed by guided meditation | |





Day Two Friday

7am Good morning yoga/meditation; a 30 minute space to wake slowly and quietly and prepare the body for the day (optional)

7.30am Breakfast

9am Yoga workshop gentle hip and heart openers

10.30am Morning tea

11am PHYSCH-K® and kinesiology

12.30pm Lunch

2pm Beeswax wraps & candle making

3.30pm Afternoon tea

4pm Walk on beach or dancing

5.45pm Yoga for bodies that sit all day

6.30pm Dinner

Evening session - hand reflexology & meditation with face masks

*"Caring for
myself is not self-
indulgence,
it is self-
preservation"*

- Audre Lorde





Day Three Saturday

- 7am Good morning yoga; a 30 minute space to wake slowly and quietly and prepare the body for the day (optional)
- 7.30am Breakfast
- 9am Energy healing with reiki and other practices
- 10.30am Morning tea
- 11am Chakra meditation/workshop
- 12.30pm Lunch
- 2pm Short hike or beach walk
- 3.30pm Self reflection/journaling
- 5.45pm Yin yoga & philosophies
- 6.30pm Dinner
- Evening session - discussion about digestion followed by meditation.
- 8:00pm Cacao and fire ceremony

*"Live as though life
was created for you."*

- Maya Angelou





Day Four Sunday

- 7am Good morning yoga; a 30 minute space to wake slowly and quietly and prepare the body for the day (optional)
- 7.30am Breakfast
- 9am Low tox lifestyle, oils, facial yoga for anti ageing
- 10.30am Morning tea
- 11am Closing circle
- 12pm Departure

"Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome."

- Brené Brown

It doesn't end, the new journey just begins...



“The only journey is the one within.”
- Rainer Maria Rilke



Inclusions

- 3 nights luxury beachfront accommodation at Raumati Beach, Kapiti Coast.
- All breakfast, lunch and dinner meals plus snacks and tea/coffee included. Made from beautiful organic food sourced locally where possible.
- Daily yoga and meditation.
- All activities & workshops listed in the itinerary Including
- Low toxicity lifestyle 101
- Cacao ceremony
- Candle and beeswax wraps made during the weekend
- Facial yoga, oils and natural beauty
- Chakra meditation
- Energy healing/reiki
- Hip & heart openers workshops
- Yoga for bodies that sit all day workshop
- Yin yoga & philosophy
- Worksheets/guides on various activities
- Journal book

Exclusions

- Flights/other transport to venue (happy to help arrange or organise car pool)
- Any local attractions





Pricing & Reservations

Shared room
\$1600 pp

Private room
\$1900 pp

Book a Discovery Call

retreat@silversoul.nz

Travel Info

Kapiti is well serviced by the main expressway which currently runs from Wellington up to North of Otaki. There is also a regular train service and we can arrange pickups from the station. Taxis are also available.







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*"We cannot solve our
problems with the same thinking we used
when we created them."*

- Albert Einstein



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