



Finding peace...
& SUSTAINING IT

2015 SPRING RETREAT
with Dr Stephanie Dowrick

Mana Retreat Centre, Coromandel, New Zealand

“Stephanie’s teachings at Mana always bring a freshness of perspective to me. Stephanie has a gift — she speaks to the universal wisdom we hunger to remember in a way that meets the listening of our times. I leave Mana each time with a deep sense of peace and joy to take back into my everyday life.”

– DEBORAH SIM

A peace-giving spiritual retreat in a most beautiful setting

The annual Spring Retreat offers lasting nourishment through wise, relevant teachings, highly accessible meditation and shared and personal reflection. There is contagious joy in our Retreat experience, and the optional final three days also bring deepening quiet. Nourishing vegetarian food and unflinching kindness are hallmarks of Mana. Stephanie teaches from a deeply knowledgeable inclusive perspective, allowing each person to bring universal teachings to life through everyday concerns and living.



About Dr Stephanie Dowrick

Dr Stephanie Dowrick is a highly experienced, inspired retreat leader. The author of 14 books, they include *Intimacy & Solitude*, *Forgiveness and Other Acts of Love*, *The Universal Heart*, *Choosing Happiness*, *Seeking the Sacred* and *Heaven on Earth*. She has been leading life-changing retreats at Mana since 2001.



COSTS

3 days: NZD \$695

6 days: NZD 1,195

Includes teachings, all meals and very comfortable accommodation

DATES & TIMES

3 days: October 1 – 4

6 days: October 1 – 7

Please arrive before 6pm on October 1, 2015 to allow for pre-dinner registration.

The retreat ends after lunch on October 4 or 7, 2015.

DEPOSIT

A deposit of \$300 will secure your registration. Spaces are strictly limited.

REGISTRATION

www.manaretreat.com
or phone 07 866 8972

MORE INFORMATION

www.stephaniedowrick.com