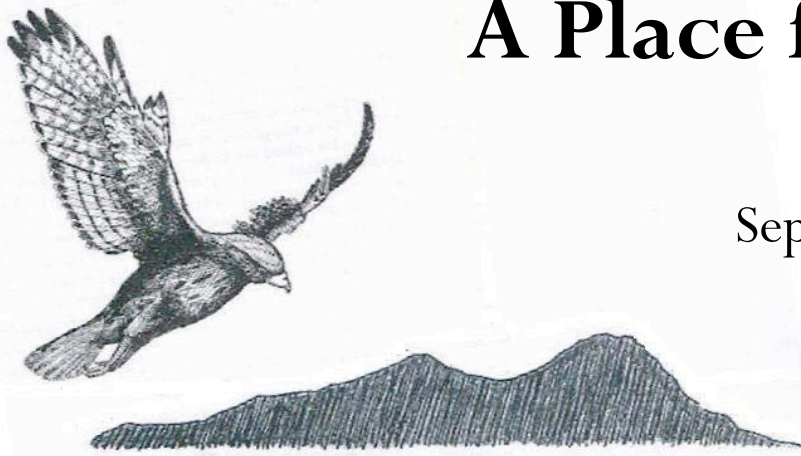


# A Place for Healing

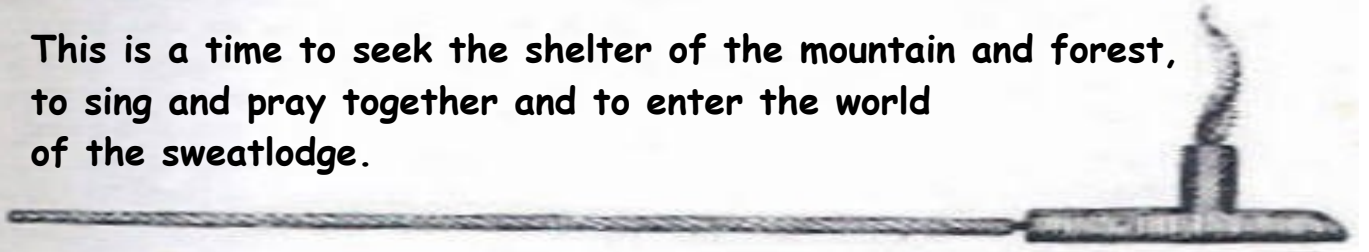
Spring Sweat Lodge  
Saturday, Sunday

September 20, 21, 2014



at Mana Retreat Centre, Coromandel

**This is a time to seek the shelter of the mountain and forest,  
to sing and pray together and to enter the world  
of the sweatlodge.**



**The sweatlodge** is a healing ritual of the North American native tradition. It is a unique experience that is offered as a journey of physical purification, a personal initiation and a symbol of the challenges and fires we face in our work, our relationships and our life. The participants sit in a lodge built on the earth, around a pile of hot rocks, speaking, sharing stories, song and prayer. While the sauna is primarily a physical cleansing process, the deeper enquiry we bring to the darkness and warmth of the sweat is "What is the healing my body, mind, heart or spirit is longing for?"

**Sweat Your Prayers** We must bend down to enter the lodge and this is a gesture of the humility required to come to a deeper understanding of the mystery that we are. It is a special and powerful experience to sweat your prayers in the safety of the lodge and the sweat has helped many through difficult transitions. Most people are touched in very surprising ways with responses that range from a sense of deep cleansing, of unity, a feeling of being part of the earth and healing old or new wounds. You will be guided by a sweatlodge leader with many years of experience. Each person is free to participate as fully or as lightly as is appropriate for them. Although there is a charge for the weekend experience, if anyone cannot afford the fee, please contact and explain your situation.

**The sweatlodge is at Mana Retreat ([www.manaretreat.com](http://www.manaretreat.com)), a beautiful centre set in the Coromandel hills, 15 minutes south of Coromandel town. It is a good place to be in touch with the earth. *Participants will stay at Waimana in shared rooms, marae style or camping, Waimana is adjacent to the centre (see [www.waimanaspa.com](http://www.waimanaspa.com) for directions). You may arrive on the Friday evening for an additional fee. Call Sol to confirm accommodation.***

**The Facilitator**, Sol Petersen, one of the founders of Mana, has been nourished by the healing power of the sweatlodge over the last thirty years. He is a long time leader of transformational seminars, a psychotherapist and bodywork practitioner.

**Saturday registration:** arrive 9am for a 10 am start and we will finish by 3pm Sunday.

**Cost:** including food and accommodation from Saturday am to Sunday lunch is \$195 for those who have participated in sweatlodge weekends or \$250 if it is your first time

**To register or for further information** call Sol on 021 893055, [sol@theradiantbody.com](mailto:sol@theradiantbody.com)

[www.theradiantbody.com](http://www.theradiantbody.com), [www.manaretreat.com](http://www.manaretreat.com)