



Retreat

Emotional Communication Retreat

Date: 13th - 16th January 2022

Location: Karioitahi Beach, Waiuku, 2341, New Zealand.

Hey gorgeous heart,

Are you ready to come home to your emotions?

To reclaim your power?

To reconnect with the God-self within?

And be pampered emotionally, spiritually and physically?

If you answered yes to all these questions, I invite you to the Emotional Communication Retreat. Gather your belongings and join me for an intimate and transformational journey as we call forward our emotions to safely commune with us. This will be a time to call back, unravel and integrate your power into your sacred body.



Outline

Emotions are created to be felt, not avoided

Module 1) Finding home: Who are you?

Take a dive into the communication sector of the brain. Discover the communication foundation that your self-talk paradigm is built from.

- Learn how you communicate with yourself.
- Learn the fundamentals of self-communication and why it is necessary.

Module 2) Finding balance in the chaos: What are you feeling?

Uncover the hidden ley lines of emotion within your body/mind and how they communicate with your triggers.

- Learn how to communicate with your emotions.

Module 3) Emotional wellbeing: Finding safety in expression

Express the emotion, Accept that you feel it, Acknowledge why it's there, Release.

- Learn how to express your emotions in a balanced way.

Module 4) Emotional maintenance

Dive deep into understanding how to stop your emotional cup from overflowing.

- Discover how to find stability outside your 'safe space'.
- How to combat emotional overload.



Accommodation

12 tents with 24 bedrooms, each with king bed and ensuite bathroom.

Large conference room marquee for day classes.

Large lounge/dining marquee.

Outdoor kitchen with pizza oven, three plate BBQ, spit roast and gas elements.

Outdoor bar area.

Outdoor stone fire pit area (gas ignition). Piano, guitars, table tennis, soccer table.

All biodegradable plates/utensils/glasses.





Dining Experience

Fully catered meals prepared by on-site Chef.

24/7 tea, coffee, hot chocolate, biscuits, juice and water.

Catered to individual dietary requirements.

(Breakfast, Morning tea, Lunch, Afternoon tea, 3 Course Dinner)





Spa Experience

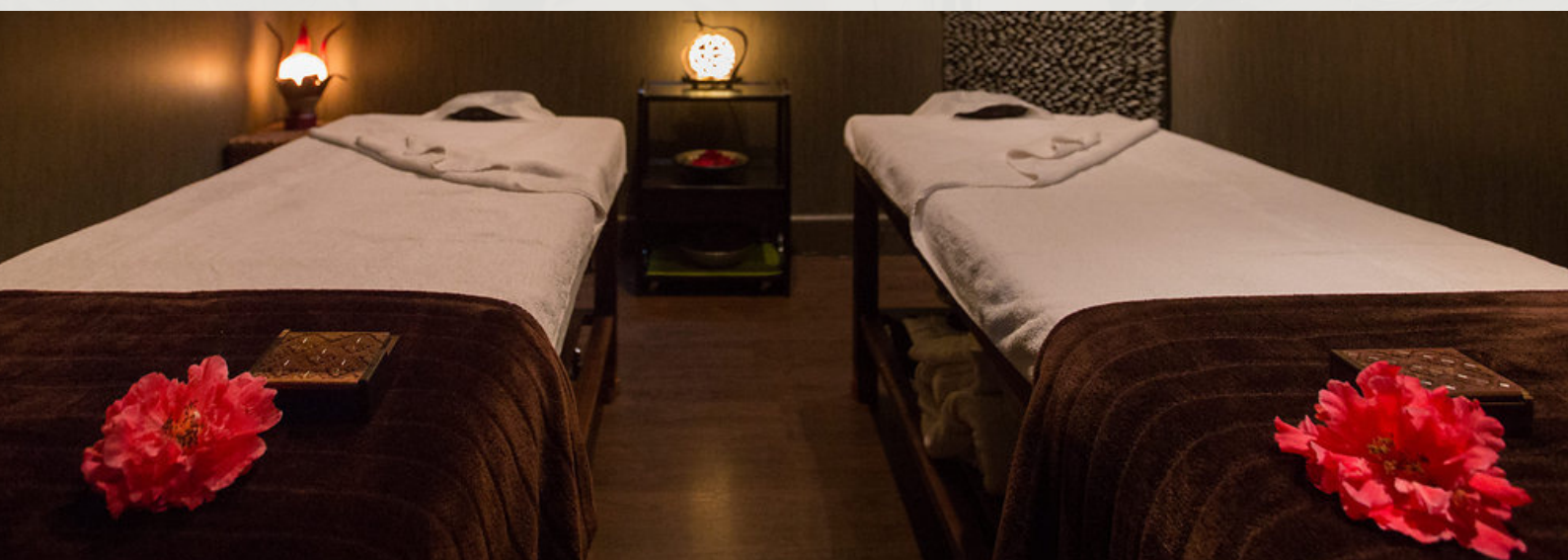
Unwind with a day completely dedicated to relaxing the body

Relaxation massage & Facial

Guided visualization meditation

Individual healing session with Malia

Journal reflections



Day Sample

8:00 Rise & Shine

Your time to relax, journal, meditate, yoga and prepare for the day.

9:00 Delicious Breakfast Buffet

Dairy-free, Gluten-free, Vegetarian & Vegan options available when registering.

10:00 Morning session begins

Held in the conference marquee

12:30 Delicious Lunch Buffet

Dairy-free, Gluten-free, Vegetarian & Vegan options available when registering.

14:00 Noon session begins

Held in the conference marquee

16:30 Free time

Relax, journal, nature walk, yoga or nap.

18:00 Delicious 3 Course Dinner Buffet

Dairy-free, Gluten-free, Vegetarian & Vegan options available when registering.

20:00 Evening session begins

Held at the firepit

21:00 Free time, Shower, Bed

What to Expect

At the completion of the 5 days you will have...

- *An understanding of your 'self-talk' paradigm.*
- *A deeper understanding of your emotional responses.*
- *A deeper understanding of how your emotions communicate with you.*
- *A simple, yet powerful healing tool to help with releasing and letting go of pain.*
- *You will be able to communicate how you are feeling and why.*
- *You will be able to express your emotions easily and effortlessly without falling into shame, regret or fear.*

Is this for you?

This Retreat is NOT for you if...

- *You want a 'quick fix' without putting in the work.*
- *You are looking to get information without implementing it in your life.*
- *You are not 100% committed to becoming the best version of yourself.*
- *You are unwilling to take 100% of your power back.*
- *You are not willing to embrace and accept yourself.*
- *If you are easily offended by directness, honesty and truth.*



Investment

without spa experience

Shared Accommodation

Pay in full: \$1997

Payment plan: 9 x \$233

Private Accommodation

Pay in full: \$2265

Payment plan: 9 x \$266

Payment plans must be completed by 3rd Jan 2022





Investment

with spa experience

Shared Accommodation

Pay in full: \$2425

Payment plan: 9 x \$270

Private Accommodation

Pay in full: \$2693

Payment plan: 9 x \$300

Payment plans must be completed by 3rd Jan 2022



Terms & Conditions

Please read ...

Cancellations:

Should you withdraw from this retreat, all monies will be refund if the withdrawal is made 6 months prior to the retreat start date. If the withdrawal is made after this time, no refund is possible. However, the credit can be transferred to another retreat/coaching service or a friend. (meaning your friend takes your place on the retreat and you make arrangements with them regarding payment.) Reservations are for the total retreat price. No refund will be provided for any early departure or late arrival. In the event that this retreat is cancelled, you will receive a full refund for the retreat excluding travel arrangements.

Liability:

You are responsible for your own health and wellbeing during the retreat. We will not be held responsible for injuries sustained during the retreat due to reckless behavior. By participating in this retreat you agree to take full responsibility for any illness, or other medical/emotional problems that may occur during the retreat. We will also not be responsible for any loss or damaged property. In the event that you damage any of the facilities where the retreat is held, you will be liable for payment of repairs. Malia Mekuli will not accept responsibility for cancellations, delays, or changes caused by war, threat of war, terrorist actions, closure to airports, natural disasters, pandemics, technical issues, illnesses of participants or relatives, any other events out of her control or unforeseen circumstances .

Terms & Conditions

Please read ...

Health Disclaimer:

This retreat is for men & women aged 18+. Activities that require physical movement are optional and are completed at your risk. If you have had any serious physical or emotional illness within the last 2 years or are under medical or psychiatric supervision please advise us at the time of booking. If you are in doubt about your ability to participate in this style of retreat please contact us before hand to discuss options and concerns.

Investment (What's included):

- Accommodation
- Meals & refreshments
- Retreat workbook
- 4 days of teaching, yoga, meditation
- Goody bag
- Journal

Bookings:

By booking this retreat, you agree to the terms and conditions. Once booking your space on the retreat and being contacted by our team, you will receive an invoice which requires payment within 7 days or your reservation will be made available to another participant. We need to be made aware of ALL dietary requirements upon booking.