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August / September '03

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health retreats

Heaven Under The Moon

Heaven Under The Moon is a country retreat with the elegant romance of yesteryear which focuses on health, yoga, dance and art in the peaceful, tranquil setting of nature. The 1910 Kauri villa - which contains seven bedrooms, four fireplaces, beautiful ballroom and homely drawing room - was built from the native Kauri trees that were felled and pit sawed by Mr Logan, one of the first settlers to the Awhitu Peninsula.

Each bedroom is quite unique with vibrant colours and creative decorations. The Dream Suite is the largest, most romantic room - but equally lovely are Sun, Green, Butterfly or Angel Rooms. They are all amazingly individual, cosy and comfortable and each is serviced with fresh flowers, fresh fruit, live plants and a mohair blanket to snuggle under.

The Retreat offers a selection of therapies on site including Deep Tissue Therapeutic Massage, Salt Glow Scrubs, Reflexology, Facials and Ear Candelling. There are also 17 acres of native bush to explore - day or night - which include a glow worm grotto, sky chair, swing, hammock and social area in the shade of King Fern, Punga Fern, Kauri, Piriri and Nikau Palms. There is also the opportunity take a guided hike to the wild, rugged west coast beach. This hike will take you through ancient bush and hills covered with sheep, cows, wild turkeys and beautiful Pohutukawa trees - which are in their full glory at Christmas. Four kilometres from the retreat is the white sandy beach of Orua Bay - and a little further along is Whittle Bay where sand dollars, starfish and scallops can be discovered at low tide.

Four bicycles are available from the Retreat for guests to use to explore the undiscovered Awhitu Peninsula. The Manukau Heads are the end of the Peninsula where the signal station and original light house (soon to be resurrected) is located. From this vantage point you can look directly across at the Waitakere Range. On a bright sunny day the sky tower and skyline of Auckland city is in clear view. Another pedalling journey will take you to Graham's Beach, Hudson Beach and Big Bay. Not wanting for choices, a third direction will bring you to Awhitu Organics where the Retreat's farm fresh produce is grown.

Heaven Under The Moon's Art Studio is light, bright and has plenty of room. Without the pressure of everyday life, a guest can fully focus on the pleasures of creation! The variety of art workshops span a diverse scope of interest including: mosaic, art therapy, oil painting, water colour, still life, jewellery, paper making, mask making, shadow boxes, and, most exciting of all, the making of a wood and paper mache rocking horse. This particular workshop will be a full week in duration and is to be facilitated by an Artist/Author from Northern California. In it, you will learn how to make your own rocking horse/creature which, by the end of the week be strong and sturdy enough for an adult to ride! Student numbers will be limited due to the large size of the project and individual instruction required for each participant.



The health/detox retreats held at Heaven Under The Moon focus on organically grown raw fruits, vegetables and whole grains and are educated by Wendy Groot, licensed Herbologist. Also included are daily yoga sessions, hikes, plenty of rest time, raw food preparation and information on the benefits of wheat grass juice.

Because dance is another strong focus for Heaven Under The Moon, dance instructors are invited to bring their own students for a weekend retreat or join a retreat of Argentinian Tango taught by wonderful Dutchman, Falco Visser. Falco's retreats are specifically for couples wanting to put a bit of passion into their relationship - but private lessons for women without partners are also provided.

Yoga retreats are another speciality at the Heaven. All levels and a variety of styles are lovingly taught by Karen and Arwen with the main priority being on each students' individual needs and concerns. A non-competitive, non-ego environment is the intention, where each individual learns to understand their body and discover its own unique potential.

During the summer months guests will be invited to take picnic blankets and baskets laden with delicacies to Heaven Under The Moon's outdoor amphitheatre which is nestled amongst the native bush and overlooks the Manukau Harbour. There they will be able to enjoy a relaxing picnic on the lush green terraces whilst basking in the sun and enjoying live entertainment such as comedy, story telling, music, cultural events or theatre.

The Retreat is also able to facilitate private functions and special events such as intimate weddings, family reunions, girls pampering weekends, masked balls or murder mystery weekends.

Heaven Under The Moon, 265 Boiler Gully, RD4, Waiuku, Awhitu Peninsula (only 1 hour from Auckland Airport).

Phone: 09 235 1588

Email: heavenunderthemoon@zip.co.nz

Please visit www.heavenunderthemoon.com for a schedule of upcoming retreats or contact Cheryle Gail by phone or email for a brochure.



Retreat Owner/Operator - Cheryle Gail



Sun Room



Mothers Day - breakfast in bed



Facial fun



Reflexology relief



Ball Room