

# WOMEN'S YOGA WELLNESS DAYS 2025

With Maggie Cuthers and Di Davies: qualified yoga practitioners.

**ALL WEDNESDAYS:**

**19 FEBRUARY, 26 MARCH, 24 SEPTEMBER, 03 DECEMBER**

A quiet premises in the Waitakere Ranges, an oasis of peace. Relax and restore.

Di and I are always thrilled to be able to offer you retreat days at Aio Wira; an opportunity to take time out from your usual routine. Spend a few hours enjoying a mix of yoga, as well as some resting and relaxation. Your day includes a simple vegetarian lunch. \*

There will be enough time to use the sauna and spa. Please bring your own towel for this. You may fancy a river swim as well.

Spend a few hours to discover an ease of being, your inner peace.

**ARRIVE: 9.00am, ready to start by 9.30am. The day finishes at 3pm.**

**WHERE: Aio Wira Centre, 8 Te Henga Road, Waitakere Ranges, Auckland**

If you haven't been before, you may like to look at their website: [www.aiowira.org.nz](http://www.aiowira.org.nz)

**COST: Only \$90.00 per person per day - lunch included.**

**OPTIONAL EXTRA ON FIRST SERVED BASIS: ½ hour massage \$50, and/or if time permits possibility of an hour massage \$85. Massage to be paid separately, directly to therapist.**

**HOW TO BOOK: Please email: [maggiecuthers@gmail.com](mailto:maggiecuthers@gmail.com)**

Maximum of only 20 participants, plus a proven record of extreme popularity, means that we recommend you book early to secure your place (no deposit required).

\*Di and I cater the lunch. This usually involves a choice of soups, breads, plus cake! We provide a selection of teas, coffee, and normal cow milk. If you have your own special milk, please bring what you need. Please let us know if you have any dietary requirements.