Āio Wīra Centre

(Waitakere Health & Education Trust)

Fasting Booking Information, Terms & Conditions

(2026 V2)

Āio Wīra Fasting/Wellness Retreat Booking

By placing a booking with us you agree to the following terms and conditions.
If you have any questions about booking with us, please contact us before making the booking.

Our facilities include:

- Four shared bathrooms with toilets, showers and a bath
- Dining hall and cosy guest lounge with fireplace
- Hall used for retreat, workshops, yoga, dance, etc. with fireplace
- Meditation Sanctuary
- Llibrary with a large selection of books
- Onsite sauna and spa, use of spa and sauna included
- Peaceful, quiet environment the with river only two minutes walk and Bethells Beach a short ten minute drive

Accommodation:

- Ruru cottage a twin room with bathroom ensuite with two king single beds

The following bedrooms share bathroom facilities:

Twin rooms:

- Two twin rooms (two king single beds per room)
- Four rooms with two kIng single beds and one single bed per room.

Single rooms:

- Two single rooms in the main building. (one king single bed per room)
- Cabin: Whare-Iti, Single in a private setting away from the main building. This has a single bed with solar lighting, no power points are available. Not used in winter.
- Cabin: Kōrimako, Single bed in cabin located above the main building.

All rooms have blankets or duvets (and heaters) but **participants need to bring their own linen: two x sheets (to fit King Single beds) and pillowcases, (or sleeping bag) and towels for shower, spa & sauna.**

Payments:

Deposit: A non-refundable deposit of NZ $150 per person is required to confirm your booking. Failure to pay the deposit may result in cancellation.

Full Payment: Must be made at least 3 weeks prior to the start of the fast. Failure to pay by this deadline may result in the loss of your deposit and your place on the fast, with priority given to those on the waiting list.

Bank Fees: Participants are responsible for reimbursing any charges applied by our banks for handling bank transfers or other payments within seven (7) days of notification. Bookings are confirmed upon receipt of cleared funds. Fees/deposits are refundable only under the conditions outlined below.

Bank Account Details
Pay to: Waitakere Health & Education Trust, BNZ, 02 0152 0309533 00.
Reference: Your name, Code: 'FAST' and Āio Wīra invoice number.

You may wish to pre-pay before receiving an invoice, please use FAST and the fasting month as the code. Let us know that you have made your deposit.

Online Payments:
Online Poli Pay payments for the 5-day fast twin share accommodation is available. Your booking will be confirmed via email, if the fast is fully booked, your payment will be fully refunded or transferred to an alternative fast at your request.

Event Fees (incl GST):

Āio Wīra is a charitable trust, and the fees enable it to continue providing the services it has been offering happily since the early seventies, as well as maintaining and upgrading the facilities.

- **3-day Wellness: $495**
- **5-day Fast: $725**
- **7-day Fast: $965**
- **10-day Fast: $1295**

Please note that these rates are subject to change without notice. We encourage participants to review rates on our website or contact us at the time of booking.

The fees include:

- Fast Facilitation
- Organic fruit and vegetable juices, herb teas, and vegetable broth
- Meals on a 3-Day event

- Fast workshops and presentation
- Use of the facilities
- Accommodation in a twin-share room

If guests wish to book a bedroom other than a standard twin share, then an **additional fee will apply** (see below). Please note the bathrooms are shared apart from the Ruru cottage.

Subsidised Fasts

Each fasting retreat we may offer one subsidised retreat (30% off) for individuals in need. To be considered, please email us outlining your circumstances and reasons for applying. All submissions will be reviewed and the final decision will be made by the Board of Trustees. The successful applicant/s will be notified three weeks prior to the fast.

Additional costs and services:

- **Accommodation Options:**
    - Single accommodation: $60 per night (limited availability).
    - Ruru cottage: $70 per person per night based on twin share (2 king single beds with ensuite). Please note this room is not booked as a single.
    - Tent and campervan sites are available and will reduce your fee by $15 per person per night.

- **Body Therapy/Massage:** $100 per one-hour treatment.

- **Other additions:** Our facilitator may offer an optional creative workshop that participants can choose to attend for an additional fee. This is in addition to the standard presenter workshops included in the normal fees, the fasting facilitator will contact you if this is offered.

Important

Please let the staff at Āio Wīra know if you have any medical issues that could be a concern while fasting. In booking this event you agree to adhere to any safety notice given by the Āio Wīra fasting facilitator and agree to complete a Health & Booking form prior to your arrival.

Cancellation and Non-Arrival Policy

Retreat cancellation is the responsibility of the participant.

- **Deposit:** The deposit is non-refundable; therefore, cancellation of the fast will result in the loss of the deposit.
- **Booking Cancellation:** Except for exceptional circumstances such as bereavement and sickness, cancellations made within two weeks prior to the fast will result in the loss of all payments made.

- **Booking Transfers:** One transfer can be made free of charge if requested more than three weeks before the fast. Additional transfers or changes will incur a $50 administration fee per change and must be requested at least two weeks prior to fasting start.
- **Non-Arrival:** Non-arrival of fasters: individuals who are unable to attend or fail to attend the fast for any reason forfeit their deposit paid and the full amount of the booking.
- **Late arrival/Early departure:** No proportional refund for non-attendance.
- **Event Cancellation:** Āio Wīra reserves the right to cancel any event or fast and will provide as much notice as possible. Payments will be credited to another Āio Wīra-run event, or a full refund will be applied. Āio Wīra is not liable for travel costs or losses incurred due to any event cancellation and we advise taking out travel insurance.

Mobile Phone Reception

Mobile phone reception at Āio Wīra is limited. We recommend activating Wi-Fi calling on your mobile device. In case of emergencies, family and friends can contact the Āio Wīra Centre by phone: 09 810 9396.

Contact Details

Āio Wīra Centre, PO Box 95033 Rānui, Auckland, 0612

Physical address: 8 Āio Wīra Rd, Te Henga, Swanson
Phone (09) 810 9396, mail@aiowira.org.nz

Emergency Contacts:
Carissa Hine, Centre Manager. Mobile 021 384431
Tracey Phizackerley, Chairperson. Mobile: 021 625100
Paul Archer, Deputy Chair. Mobile: 027 438 1300

www.aiowira.org.nz
https://www.facebook.com/AioWiraCentre/

If you have any questions or require any clarification, please email us on mail@aiowira.org.nz

Nga mihi aroha - Trustees of the Waitakere Health & Education Centre