



Aio Wira Centre
Waitakere Health and Education trust
2025
Fasting Booking Information and Terms & Conditions

Retreat Bookings

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 a booking.

Our facilities include:

- Ruru cottage with bathroom ensuite with 2 king single beds

The following bedrooms share bathroom facilities

- Four bunk rooms with 2 single beds and 1 bunk bed in each room
- Two twin rooms (two king single beds per room)
- Two single rooms (one king single bed per room)
- Koromako cabin with one king single bed
- Whare-Iti, private setting (single bed with solar lighting, no power points are available. Not used in winter)

- Four shared bathrooms with toilets, showers and a bath
- Dining hall and cozy guest lounge with fireplace
- Hall used for retreat, workshops, yoga, dance, etc. with fireplace
- Meditation Sanctuary
- Library with a large selection of books
- Onsite sauna and spa
- Peaceful, quiet environment the with river only 2 minutes walk and Bethells beach a short 10 min drive

To secure and confirm your booking, a **non-refundable deposit of NZ\$100** is required. If no deposit is paid then no booking is held.

Payments to be made to Aio Wira bank account: **02 0152 0309533 00.**

Please use your name as a reference, FAST as the code and fasting date as the particulars.

Let us know that you have made your deposit and please supply your phone number.

Payments must be 'cleared funds' before a booking can be confirmed. Deposits are only refundable under the conditions set out as below.

Full payment must be made at least 2 weeks prior to the fast starting. If full payment is not received by then, you may risk losing your place on the fast to someone on the waiting list.

Any charges raised against us by our banks for handling bank transfers or any other payments, must be reimbursed by the participant within seven (7) days of any request to do so.

Fees (incl. GST) valid till 30 June 2025

Aio Wira is a charitable trust and fees enable Aio Wira to continue to provide the service it has been doing happily since the early seventies as well as maintenance and upgrading the facilities. **Please note that these rates are subject to change without notice.**

- **3 day wellness retreats - \$430 pp** Includes all organic smoothies, juices and soups. A meal on the last day. Use of facilities and accommodation in the bunk room
- **5 day fasts - \$675 pp** which includes all organic fruit and vegetable juices, herb teas and vegetable broth, meals when breaking the fast, use of facilities and accommodation in the bunk room
- **7 day fasts - \$900** As above.
- **10 day fasts - \$1200 pp** As above.

If guests wish to book a bedroom other than the shared bunkrooms, then an additional fee will apply – see below: Please note the bathrooms are shared apart from Ruru cottage.

Extra costs apply for the following accommodation options:

- Single room with king single bed: - \$25 extra per night
- Whare Iti single room with single bed: \$ 25 extra per night
- Ruru cottage with ensuite (2 king single beds): - \$50 extra per person per night
- Tent and campervan sites are available and will reduce your fee by \$10 per person per night

All rooms have blankets or duvets (and heaters in winter) but participants need to bring their own pillowcases, sheets (or sleeping bag) and towels.

Hirage of linen/towels:

\$1 towel/day

\$2 linen day

Use of Spa and Sauna - complimentary

Please let the staff at Aio Wira know if you have any medical issues that could be an issue while fasting.

Cancellations & Non-Arrival Conditions

Retreat cancellation is the responsibility of the participant.

Cancellation of the fast will result in loss of the deposit.

Apart from exceptional circumstances such as bereavement and sickness, a cancellation made within 1 week prior to the fast will result in loss of all payments made.

Non-arrival of fasters, either who are unable to attend or fail to attend the fast for whatever reason forfeit their deposit paid and the full amount of the booking.

If you have to leave the fast for any reason there is no proportional money paid for non-attendance.

If Aio Wira needs to cancel a fast for any reason, a full refund will be given unless you wish to transfer to another Aio Wira run event.

Please be aware that Aio Wira is not in mobile phone range. Family/friends can call the Centre (09) 810 9396 if they need to reach anyone in case of emergencies.

**Aio Wira Centre
P.O. Box 95033
Swanson, Auckland City 0653**

**Physical address:
8 Aio Wira Rd (At the end of the road)
Te Henga**

**Phone (09) 810 9396
mail@aiowira.org.nz
www.aiowira.org.nz
<https://www.facebook.com/AioWiraCentre/>**