

Aio Wira Ascension Retreat – 30th October – 1st November 2020

This Spring Bright Path Ascension Residential weekend at Aio Wira Retreat has something for everyone and in a world of uncertainty, accessing inner peace has never been more important. The weekend is open to those who are new to the practice of [Ascension](#) meditation and wish to learn these amazing techniques [First Sphere](#) (First Sphere Attendees) and those who have already completed the First Sphere and are wishing to deepen their practice (Advanced Ascenders).



First Sphere Attendees Can Expect:

- To discover what Ascension is and how this self-sufficient practice can enhance all areas of your life.
- Receive four simple, powerful techniques called Ascension Attitudes, based on Praise, Gratitude, Love and Compassion.
- Plenty of time to; understand how it works, ask questions, to practice and to share your experience
- A lifetime of support from the Ishaya Community, including an online follow up program, local weekly practice groups, unlimited access to live webinars, recorded teachings, and tips.
- The invitation to repeat the First Sphere course anytime, anywhere, as many times as you wish, for FREE!

Advanced Ascenders Can Expect:

- The option to revisit any part of the First Sphere teachings.
- A wonderful opportunity to enliven your experience of the teaching and to indulge in longer periods with your eyes closed.
- Plenty of time to ask questions and to share your experience
- The opportunity to deepen your experience of Ascension and to clarify your experience of true peace
- An opportunity to receive more Advanced Ascension Attitudes to expand your experience.

Everyone Can Expect:

- Dynamic and inspiring teaching and guidance from Mahima Ishaya and Saranya Ishaya
- Yoga offered by Gemma Mullins. Practices may include Hatha, Yin and Pranayama (breath work). We will also explore authentic playful movement in a variety of ways. All abilities catered for with no prior experience necessary
- Delicious vegetarian meals (special diets catered for with prior notice for a small extra fee)
- Enjoy the sauna, outdoor spa, beautiful bush tracks and comprehensive library on site (small extra fee for the use of sauna and spa)
- Mingle with like-minded souls within the Ascension community

Arrive: Friday 30th October 2020 from 4pm (dinner at 6pm)

Depart: Sunday 1st November 2020 at approx. 4pm

Venue: We will be hosted by the beautiful [Aio Wira Retreat Centre](#), nestled in the stunning Waitakere ranges. It is approximately a 35-minute drive from central Auckland



Pricing Options:

- *Early Bird Rate available, if paid in full, by 30th September 2020*
- *Payment plans can be arranged over four months*

1. Bunk bed in a shared room (four people per room) per person
\$645 First Sphere Attendees (Early Bird \$595)
\$445 Advanced Ascenders (Early Bird \$415)

2. Single bed in a twin room (two people per room) per person
\$665 First Sphere Attendees (Early Bird \$615)
\$465 Advanced Ascenders (Early Bird \$435)

3. Single bed in a single room
\$695 First Sphere Attendees (Early Bird \$645)
\$495 Advanced Ascenders (Early Bird \$445)

4. Couple sharing a queen bedroom (per person)
\$665 First Sphere Attendees (Early Bird \$615)
\$465 Advanced Ascenders (Early Bird \$435)

Be aware that we have just a few spaces available in single and twin rooms and one double room.

To Register: www.thebrightpath.com

For More Information Contact:

Mahima: mahima@thebrightpath.com or 021 060 4360

Saranya: saranya@thebrightpath.com or 027 656 6995

Cancellation policy: If you need to cancel for any reason before 30th September 2020, you will be entitled to a 50% refund, otherwise the fee is non-refundable. Covid Level restrictions may influence the running of this event. If for any reason the event cannot go ahead you will be refunded in full.

First Sphere Testimonials:

"It has brought a lot of peace and joy into my life, and introduced me to a community of like-minded people... I am more grounded, more resilient, and more philosophical about events in my life."

"This course brought me peace with my inner self, my mind, and the people around me. Just using these techniques really helps a lot and gets me through the day."

"The main change I've noticed is a very welcome sense of peace... I sleep better, my relationships have improved, I love myself more. I am choosing to eat better and exercise more and all with more enjoyment. I am learning to notice, love, appreciate and be more grateful. A better, happier life is being led."

Advanced Ascenders Testimonials:

"Coming on a retreat allowed me to see myself in a different way – my true self started to appear. Learning techniques helps me feel more at peace, calm and able to deal with life's stresses, and to drop expectations. It is all perfect as it is."

"The immense value of connecting as a group is pure gold. Being able to share experiences and hear about the journey of others is way more helpful than I could have hoped for. Joining the individual elements of the group together created a powerful authentic honest and real retreat." **Wendy**

"Nurturing experience filled with informative helpful suggestions in a relaxed atmosphere, great nutritional food...Feeling frazzled when I arrived and relaxed and calm when leaving. Highly recommended. Lovely peaceful setting." **Jeanette**

"This weekend has, quite unexpectedly, reunited me with a depth of the practice that I had become disconnected from. The Bright Path teachers held the space so beautifully for us to explore, express and enjoy the awesome practice of ascension. I feel inspired, and excited to continue. Thank you so much for everything! I will be back!"



The Bright Path NZ Ltd

PO BOX 25673 St Heliers, Auckland 1074

www.thebrightpath.com email: ishaya.thebrightpathnz@gmail.com Tel: 0800 2 PEACE