



UNITY HOUSE
Whare Kotahitanga

Inner & Outer Journey

A pilgrimage along the incomparable
Te Ara Hura Trail

February 25 – March 3 2018

Waiheke Island, NZ



In an increasingly busy world it is essential to resource yourself with tools to allow you to thrive and live sustainably

Join Unity House from February 25 – March 3 2018, as we walk the stunning [Te Ara Hura Trail](#); a 100km walk around the periphery of Waiheke Island. This six day 'inner and outer journey' combines coaching and mentoring with long distance walking to help you build inner and outer fitness at the same time.

As you walk, through tools such as reflection, meditation and mindfulness, you will develop new inner resources such as:

- Knowing the difference between being and doing
- Balancing structure and freedom
- Experimenting as a way of living
- Developing presence and inner space
- Finding your higher purpose and alignment
- Developing a 'felt sense'
- Building healthy emotional practices
- Establishing healthy thought patterns
- Working with love and compassion
- Building authentic connections

Each day will consist of between 15 – 20km of walking, individual and group coaching practices and time for self-reflection. over a mix of terrain including farmland, coastal and some roads.

What you need

You will need: Sunscreen; Hats; Togs; Something warm; Good shoes; and Walking poles if you want them. You will also need to find some appropriate accommodation on Waiheke, there are plenty of stunning options and we can help you find the right one if you require.

Your hosts

This experience will be hosted by Unity House NZ partners Louise Marra and Brook Weatherwell.

Louise is at heart a healer and a connector – of people, organisations and nature. Her passion is to help people create relationships of depth with themselves, others and nature so all can thrive. She has had extensive senior level experience in systems thinking, innovation, leadership and personal and consciousness development and now works in New Zealand and internationally on depth programmes for individuals and organisations. She has post-graduate university qualifications in environmental management, public policy and Jungian and transpersonal psychology and is a certified coach. She uses practical tools to help people make the connections that can transform their lives.

Brook has been involved in the world of personal transformation for over thirty years. She facilitates individuals and groups to journey into the realms of the inner life in the belief that real change begins within. Delighted to discover the potential of each of our intelligences, Brook's training and experience links the body, emotions, mind and spirit and the power of their coherent use to develop our capacity to be in relationship, informing and transforming our everyday way of being and acting in the world.

Contact

Louise Marra: louise@unityhouse.nz
Blaine Stevenson: blaine@unityhouse.nz

What's included

Picnic lunch x6 days, daily transport to and from meeting point in Onetangi, guided group learning, experiential practises, opportunities for personalised support and coaching. [The walk is filling, please register by December 12.](#)

[BOOK HERE!](#)

Cost

NZ\$1,500 adults or NZ\$1000 (Youth <30) (GST inclusive)

