

# New Zealand Fitness Retreat



Our retreats are mainly located in the beautiful small community of Raglan, along the west coast in the North Island. Even though, our business is based here, we offer other locations, in land or on the east coast. New Zealand is an amazing place to practise a vast number of sports as well as a country with breath taking landscapes that make the outdoor activities incredibly enjoyable.

From water sports, such a surfing, kayaking or stand up padding to trail running, mountain biking or climbing; our retreats in New Zealand have a lot to offer. They are designed to enjoy all the opportunities to practice different sports, do physical activities to improve your fitness, detoxify your body and mind by being healthy and active. The experience get completed by the addition of leading professionals in different fields, such as yoga, pilates, surfing, climbing, mountain biking, running, body work and nutrition.

## Packages

All Packages include Body Work, Yoga or Pilates, Outdoors/Indoors Training and Healthy Nutrition plans.

**Weight lost:** The activities will be around helping you learn how to get into a better shape, by giving you the tools to have a healthy nutrition and life habits to get rid of those undesirable Kgs.

**Wedding preparation:** A package for the bride and/or groom and any member of the bridal party that would like to join, to get prepare to look better than ever on the big day.

**Water Sports:** Create a fitness program that will enhance your performance in the water, from amateur to professional.

**Mountain Biking:** If you mainly want to increase your riding skills and your fitness, here is your package.

**Running:** For those, that want to start running, prepare their first marathon or improve there running times, this package is designed to help you achieve any of your targets.

## What to expect

The different packages are designed for any level of fitness, either if you want to experience all the activities that can offer you for the first time or you are already an athlete after an active holiday, you will absolutely love all of it!! FROM BEGINNER TO HIGHLY TRAINED PEOPLE, we will customise for each individuals needs.

## Retreat Highlights

- Big variety of sports to choose
- Explore different landscapes of the North Island while practicing many fitness activities
- Paradisiacal beaches and trails
- Healthy, organic, plant-based nutrition
- Daily smoothies, teas, water, healthy snacks

## Example of day routine

- 6 :15 Wake up, cup of hot water and lemon
- 6:30 – 7 :30 Dynamic morning Yoga
- 7:45 Breakfast
- 8:00-12:00 Sport activity
- 12:30 Lunch
- 13:00-15:00 Chilling time
- 15:00 Smoothie
- 16:30 Body work
- 18:30 Relaxing Yoga Session
- 20:00 Dinner

## Description of the different activities

- **Hikes/Walks/Runs/ Bike Rides:** Explore by foot the different parks and wild areas of the North Island, while practicing your favourite sports and improving your fitness. From proper trails, gravel roads, beaches and forestry roads.
- **Surfing:** Either you want to get started into surfing or you are a professional surfer wanting to enhance your performance in the water for example, by critiquing certain muscle groups that might need a wake up call.
- **Yoga:** is an ancient art based on a harmonising system of development for the body, mind, and spirit. The practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment. Practicing yoga in the morning will energise your body to attack the many amazing activities. However, having a yoga session at the end of the day, will help to relax your muscles and your mind after a day full of physical activities.
- **Pilates:** art of controlled movements, which look and feel like a workout. It improves flexibility, builds strength and develops control and endurance in the entire body. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
- **Body work:** Feel how your fitness improves by doing an extensive number of exercises that will increase your strength, balance, coordination, perception and fitness in general. By only using your body weight or with the help of a minimal equipment, such as TRX\*, swiss balls or kettle weights.
- **TRX:** Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.
- **Outdoor training:** Let's play as much as possible with what nature can offer to improve all the different aspects of our fitness. From runs to walks, mixed up with different types of exercises, such as efforts, workouts, etc. we will use the beauty of the surroundings to go outside and enjoy the most of it.
- **Beach activities:** the sand and the water are exceptional places to complete your training to health and fitness. Many bodywork and sport activities can be done by using that space that the island offer us.

• **Water sports:** Kayaking, kite surfing and Stand up Paddle are the different options you can experiment to explore the surroundings from a different perspective.

## Food

We will offer you the best fresh, mostly organic, local and plant-based food (with the option to add high quality fish and meat) to maximise your energy and wellbeing. Enjoy the extra taste and nutrition of local seasonal products.

We will prepare your daily delicious meals. The menu is designed to provide you all the food to clean your body without eliminating the essential nutrients required. All meals and drinks are included, and between the meals there is plenty water, herbal teas, smoothies and fresh fruits. Let us know at the time of your booking if you have any special dietary requirements.

## Exclusions

No alcohol is served during the retreat to keep the body and mind pure.

## Accommodation

The different accommodations are selected to be in special locations to enjoy amazing surroundings and all what they can offer.

## Instructors

Tom Wellby

Leading surf, yoga, pilates, kite surfing and climbing instructors.

## How to get there

Contact us for instructions for your chosen locations

What to bring:

- Trail running shoes
- Light pair of training shoes
- Active wear
- Rain jacket
- Some warmer clothes, for nights that could be a bit cooler
- Beach wear
- Sun block / After block / Sun glasses / Insect repellent
- Depending on your package and season of the year, different wear and items will be needed.



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