



EARTH and FIRE

INNER WARRIOR Men's Empowerment Programme

Earth-Oven Building Retreat

at Mana Centre, Coromandel,

November 23 – 27, 2012

with **Guenther Andraschko, Sol Petersen and
the Inner Warrior Team**

Revitalise Your Spirit

“Life-changing” is how one man described this highly experiential and powerful 4-day men's retreat. We explore the journey to the mature masculine through the positive and shadow qualities of the King, Warrior, Magician and Lover using outdoor adventure, visualisation and inner work, archery, volleyball, music, meditation, T'ai Ji and the healing ritual of the sweatlodge. Each year our retreat has a new theme. Last year Archery, Arrow Making and Tai Ji was our focus. A ten minute video of that retreat can be seen by googling Campbell Live Mens Retreat. This year we are building an earth oven.

Building with Earth

At the 2010 retreat, Guenther and our group of enthusiastic men created the Mana Kiva, a beautiful earth building that is also our sweat lodge. This year we will build an earth oven, a ferro cement plunge pool and some new walls as we continue to transform our sweat lodge area. Come join us to learn about the art of building with earth as we celebrate and heal our unique and irrepressible male spirit surrounded by the mountain, sea and forest.

Who is this for?

This retreat is for any man who is looking for ways to live more fully and honestly and to bring a new sense of clarity, power and love into his life. Some participants may be at a critical transition point in their lives and are looking for support and new directions that feel more authentic and satisfying. Young men find a powerful place to explore their visions and dreams. For more than 20 years men return again and again to the Inner Warrior programme at Mana for the joy and the rejuvenation. The Men's retreats at Mana are transformational in nature. An empowered man learns the grounding wisdom that can only be passed from man to boy and man to man through direct transmission. A mature man is an inner warrior. He realises that his major battles will be fought and resolved within himself. He has the courage to know himself, his personal path and his tasks in this life.



An essential journey for the male soul.
The Inner Warrior Training is an affirming, enriching
and nourishing experience that no man should miss.

- Jerry Beale, Advertising Agency Creative Director

The Facilitators

Guenther Andraschko is one of NZ's most experienced designers of creative, functional and unique earth-built outdoor spaces. To see Guenther's work go to www.uos.co.nz.

Sol Petersen will be assisted by the Inner Warrior Team, men who have been supporting and energizing this retreat for many years. A Structural Integration Trainer, counsellor, T'ai Ji teacher and co-founder of Mana Retreat and Inner Warrior Trainings, Sol has a passion for empowering men to embody their potential.

Tuition and full accommodation: \$650; Inner Warrior Graduates \$450. (payment plans available) Participants arrive on Friday for a 6pm meal and 8pm start. The retreat finishes on Tuesday at 2pm

To register send \$50 to Inner Warrior Retreat, Sol Petersen, Coromandel RD1

For more information call Sol on 07 866 8971, 021 893 0955 or

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