



Men's Quest

INNER WARRIOR Men's Empowerment Programme

The Power of a Vision

at Mana Centre, Coromandel, NZ

November 22 – 26, 2013

with Sol Petersen and
the Inner Warrior Team

Revitalise Your Spirit

"Life-changing" is how one man described this highly experiential and powerful retreat at Mana. We explore the journey to the mature masculine through the positive and shadow qualities of the King, Warrior, Magician and Lover using outdoor adventure and inner work, visualization, archery, volleyball, music, meditation, T'ai Ji and the healing ritual of the sweatlodge. Each retreat has a new theme. This retreat will challenge men to see with their heart and create a vision-based life. Each of us imagines our potential futures and each of us lives a life that grows consciously or unconsciously out of our vision.

Seeking a Vision, Building a Vision

In 2010 our enthusiastic men created the Mana Kiva, a beautiful earth building that is also our sweat lodge. In 2012 we built an earth oven and plunge pool. As we do our personal work to either kick-start or renew our unique life dreams we will also explore the art of building and have a tremendous amount of fun as we celebrate and heal our unique and irrepressible male spirit surrounded by the mountain, sea and forest. In 2013 we continue to transform our Kiva area, creating a covered area for wood, a new entrance and outdoor shower. Come join us to learn the art of not just imagining your vision but creating it.

Who is this for?

This retreat is for any man looking for ways to live more fully and honestly and to bring a new sense of clarity, power and love into his life. Some men may be at a critical transition point and looking for support and new directions that feel more authentic and satisfying. Young men find a powerful place of initiation to explore their physicality and their dreams. For over 25 years men return again and again to Mana for the joy and rejuvenation and to create a container for the new men. 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.



This is 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

Sol Petersen will be assisted by the Inner Warrior Team, men who have been supporting and energizing this retreat for many years. An international presenter of body-mind education, a Structural Integration Trainer, Psychotherapist, Tai Ji teacher, musician, artist and the man behind the vision of Mana Retreat and Inner Warrior Trainings, Sol has a passion for empowering men to embody their potential and create new visions.

Tuition and full accommodation: \$695; Inner Warrior Graduates \$550
(Payment plans available) The retreat begins Friday for a 6pm meal & 8pm start and finishes Tuesday 2pm. To reserve a place deposit \$100 or the full amount to ANZ 01-0455-0167907-00 reference your name and mens quest.

For more information or to register call Sol on +64-7 8668971, 021-893055 or sol@theradiantbody.com, www.theradiantbody.com

To see a 10 minute video of the 2011 Mana Mens Retreat that screened on TV3
Google: Campbell Live Mens Retreat or visit www.3news.co.nz/mens-retreat

