



Resolution Retreats

Welcomes You...

Our People

Meet our dedicated
Team

Packages

Retreat options, inclusions
& prices

What to Expect

Find out if a retreat is right
for you

As featured in

 **viva**

THE AUSTRALIAN
Women's Weekly
NEW ZEALAND EDITION

NEXT
CELEBRATIONS

*Stop looking after everyone else and start
looking after yourself*

Book a retreat today

Contact Us

We would love to hear
from you

www.resolutionretreats.co.nz/

Call us:

0800 4 RETREAT (Within NZ)

0800 4 738 732 (Within NZ)

+64 27 975 5582 (International)

+64 27 631 7413 (International)

Email us:

contact@resolutionretreats.co.nz

*Our retreats fill fast and almost always
sell-out*

*Please reserve your space early to avoid
disappointment*

All about you...

A retreat designed by women, for women

Get away from the stresses and temptations of your everyday life to focus on yourself, improving your health, happiness, and losing weight.

With so much information available out there about weight loss and health, it is often difficult to know what information to trust. Resolution Retreats is about getting back to basics: healthy food (and lots of it), exercising, taking care of yourself, and most importantly, changing habits.

"I learnt more than I ever could have imagined and really practical, realistic ways to apply this back home"

Alex, Nov 2014

"Every women should take the time to attend the retreat so that they can re-focus on themselves, it is not a selfish act but one that re-energises you"

Amanda, Jun 2016

What we tell our guests about health and weight loss is not 'rocket science', however, we help ladies apply it to their lives. Most of us have a pretty good idea about what to do, it's the 'doing' we struggle with. This is where Resolution Retreats comes into its own.

Immerse yourself into transformation paradise

Resolution Retreats is a live-in retreat environment – you are immersed into the habits of a healthy lifestyle. You are educated, inspired, and new habits begin to be formed. Physical fitness improves. You can expect to see your body change and energy levels increase. Confidence is boosted. You return home with a kick-start to your weight loss and health journey; armed with the tools, confidence and conviction to continue, all with the support of your new retreat family.

*Watch the
Resolution Retreats
Experience*

You
Tube

Resolution Retreats: Weight Loss, Health and Wellness Retreats for Women New...



Who can attend a retreat?

*Women from all walks of life,
from all over the world*

We cater for women of all shapes and sizes, ages and abilities who want to improve their health in some way. Whether you're 18 or 80, size 8 or 28, have allergies or injuries, whether you're someone with low self-confidence or depression, whether you have children or not (you may have your children visit you during the day while you're on the retreat), brides-to-be, recently divorced ladies, ladies who want to lose 5kg or 50kg, ladies who have done Yoga and those who haven't, fit and unfit ladies.

Resolution Retreats is specifically run by women, for women. Our retreats have small groups so we can be more flexible to individual guest's requirements.

If you are a woman and want to lose weight or improve your health and happiness through focusing more on yourself and making positive lifestyle changes in a supportive and inclusive environment; Resolution Retreats may be exactly what you need.





Our Location *Your Escape*

We have access to some of New Zealand's best walking tracks, within 25 minutes drive of the retreat. We schedule regular optional group walks to take advantage of the beautiful scenery of the region. There are tracks for all ranges of ability.



We have a group of dedicated health professionals who present on our retreats who have experience in helping women overcome weight and health issues, or have experienced and overcome those challenges themselves.

These women educate and inspire the women on our retreats to be the happiest, healthiest version of themselves!

"Every single staff member and guest speaker was so inspirational, full of a seemingly endless supply of knowledge and always willing to go the extra mile to help each individual woman on her own journey"

Beth, March 2015

Our Inspirational Presenters

*Click here to
meet some of our
team*



Getting to

your retreat

The retreat is located in Tauranga, in the beautiful Bay of Plenty, New Zealand. Perched in the peaceful and serene hills behind Mt Maunganui, the property is a private sanctuary among 35 acres of native bush.

Only 2.5 hours drive from Auckland towards the South, we are within manageable driving distance of many main centres. There is plenty of parking on-site if you wish to bring your vehicle.

Fly to us from Auckland Airport on a short 30 minute flight. We would be delighted to arrange a complimentary 25 minute transfer from Tauranga Airport to the retreat, and return.

Meet Joanne Andrews, and Joelene Ranby (Jo & Jo) the Facilitators for our retreats. It is their role as the Retreat Facilitators to ensure the retreat runs smoothly and be the 'glue' for the group. They will ensure that you have everything you need and are available.

When these special ladies are not taking you through a sunrise Yoga class, you can find them in the kitchen whipping up innovative nutritious meals for the ladies on our retreats to enjoy.

Joanne is a highly motivated weight loss coach and has helped hundreds of ladies transform their health and lifestyle in both New Zealand and Australia. Jo Has worked in a variety of Health Clubs throughout her 10 years in the industry. Jo is a qualified Personal Trainer with a Bachelor's Degree in Sport Science from the University of Waikato.

Joanne believes in a balanced lifestyle focused around physical activity and a great relationship with nutritious food. Just ask Jo about her famous Cauliflower Pizzas and Chickpea Cookies!

Whilst Joelene's passions are cooking, Yoga and personal development in all forms after a personal health journey saw her lose almost 20kg and redefine her lifestyle. For fun, you will find Joelene conjuring up delicious food for herself and others at her Pukehina Beach home. "I cook food that is healthy and will inspire your



taste buds and make you excited to get into the kitchen yourself" says Joelene. "I live by the 80/20 rule and eat clean most of the time, but I'm by no means perfect and I think that's something our ladies can relate to".

"I can't speak highly enough of Joelene and the amazing way she runs the retreat. She inspired us with her energy and passion and shares her knowledge in a friendly and caring way"

What to expect on

***your
retreat***

Retreat Facilities



This Retreat centre is so unique, and its facilities are perfect to ensure our ladies can make the most of their time out during the retreat.

The boutique lodge is beautifully designed around relaxation, as well as being environmentally friendly. All water on the site is from a natural underground spring and is chemical-free.

Depending upon the retreat programme you attend, certain beauty therapy and massage treatments are provided in the Retreat Beauty Suite. However, additional treatments are available for an additional cost, if you feel like something in particular.



[Click here to check out the view!](#)



We have available for guests an outdoor mineral pool – heated to 34 degrees during the cooler months; outdoor Jacuzzi – heated to 38 degrees year-round; bush walks, wireless internet access and basic gym equipment. There are clothes washing facilities on-site if necessary.

DVDs, board games, books, magazines, nail polishes, and, of course, great company are also on offer. There is also a beautiful golf course just up the road, if you play golf (green fees additional).



In-room Facilities



Your suite includes a king size bed (two singles if twin-share), LCD television, large shower, outdoor bathtub or indoor Jacuzzi and luxurious bed linen.

Of course we will also provide you with body wash, shampoo, conditioner, hand & body cream, a lush bath robe, slippers, towels and facecloths, an iron and hair dryer.



The rooms on the retreat are just so divine that you will probably not want to leave, however, we do encourage guests to join us in the main living area by the open fire, to relax and get to know the other ladies – building relationships and support networks is a big part of Resolution Retreat's values.

There are ten rooms available at the resort. Rooms are serviced daily, and are allocated to guests in the order in which they book on the retreat.



Retreat Timetable



The retreat normally commences at 10.00am on day one. Guests are asked to arrive between 8.30am and 9.30am.

Each day will vary in activities to keep the retreat interesting. Time-out and relaxation time will be plentiful; we want you to de-stress while you're staying with us.

We will send out a confirmed retreat schedule seven days before the retreat commences. A detailed timetable will also be provided to you on arrival at the retreat so you can plan your day.

The retreat concludes after lunch on the last day, normally between 2.00 and 5.00pm.



Guests will quite often want to head out to explore Tauranga and all it has to offer. We schedule plenty of time for this so grab some of the other ladies and make an afternoon of it, avoiding the Cafes of course!

We love having ladies days out! Included in the retreat cost may be a number of outings (dependant upon your retreat type). Any costs incurred whilst on these outings, e.g. lunch, will be covered in full by Resolution Retreats, unless it is at your personal request, e.g. optional outing, souvenirs, additional activities etc.



Fitness & Daily Movement

One of the things which sets Resolution Retreats apart from other programmes is that we believe exercise should be fun, and should be sustainable when you return home. The amount of exercise we suggest is to ensure that you will improve your health and fitness, but also not leave the retreat feeling exhausted, but instead revitalised and rejuvenated. Everybody will be at different levels of fitness, and our Personal Trainers will take into consideration any injuries, your current level of fitness, and your health and fitness goals when setting exercises for you.

Daily Yoga sessions will be between one and one and a half hours long, with Yoga Nidra (a voice-guided relaxation meditation) at the conclusion. The Yoga practiced on the Retreat is a gentle form of Restorative Yoga to create health and wellbeing. Finishing one of our Yoga classes you will feel energised, open and you will not be able to stop smiling. Whether you are experienced in Yoga or new to the practice, we have guests at all levels on the retreat, so you can rest-assured you will be in good company.



There are additional and optional physical activities included in the retreat schedule to take advantage of the region's surroundings, such as bush walks, swimming, etc., and we encourage our guests to undertake additional exercise if they wish.

Rest days are vitally important for recovery and as such, rest and recovery days will be scheduled during the retreat timetable.



Food & Nutrition



You may be surprised by how much we feed you on our retreats – its just delicious, nourishing food which you will be inspired to re-create back at home. Especially with the help of our Resolution Retreats Recipe Book - which you will have complimentary online access to, following the retreat.



Depending upon your retreat package, you may be asked to provide us with a three day eating diary prior to the retreat, so we can get a feel for what your normal eating patterns are like. Your meal plan whilst on the retreat will be designed by a Nutritionist, with your specific weight and health goals in mind. Food will be cooked on-site in accordance with this meal plan, having regard to any food preferences and allergies you have.

Depending upon your retreat package, you will also leave with a personalised meal plan for when you get home. We discuss the building blocks of this plan during the retreat as part of the education sessions, and during the daily cooking classes to ensure you understand and make the most of the benefits the plan provides.

We ask that you drink a minimum of three litres of water each day during the retreat – this assists the body's natural detoxification process. The water at the retreat is directly from an underground spring, is absolutely delicious, naturally chemical-free. To aid in unloading the liver while you're on retreat, we also avoid alcohol, coffee and black tea.



Resolution Retreats
Healthy Eggs Benedict



Making it Happen

Payment Options

Our retreat payment options make taking some time out to focus on your health and happiness, achievable. As well as giving you an opportunity to reserve your space before they sell out.

If you need this, make it happen.

For guests who have waited months to book on a retreat with us, their only regret is wishing they had done it much sooner.

Click the below options to find out more.

*Your body will be
around a lot longer
than some of your
most valued
possessions.*

Invest in yourself.

Lay-by

*Interest
Free
Finance*

(Credit criteria applies)

*Credit
Card*

(Fees apply)

*Cash, Cheque,
Money Transfer
& More*

Our Packages

Package Inclusions:

- Exclusive retreat with an intimate group of up to 14 women
- Three day accommodation at a beautiful, boutique location
- Nutritious and delicious meals for three days
- Nutritionist-designed personal meal plan (while on Retreat)
- Daily Yoga and meditation sessions
- Daily training sessions with a Personal Trainer
- Educational workshops, including nutrition, exercise and health
- Cooking classes and workshops
- One 45 minute session with our Beauty Therapist – therapy of your choice
- One on one make over with our Make-up Artist
- Goodie bag on arrival
- Personal motivational journal
- Full-time facilitator support while on Retreat

Find
Out
More

Three Day Taster

Our Three Day Taster weekends focus on giving you time to unwind and relax with good, healthy food and nutrition as well as the space to start thinking about your health goals. You start to experience the changes in your health and happiness that occur on our longer retreats. Come on your own, or with a group of girls. Come away and focus on yourself, your body, your mind and your health!

Save with twin share:
\$320 per day, all-inclusive

Indulge in your own suite:
\$420 per day, all-inclusive

Seven Day Renewal

Find
Out
More

Kick start your weight loss and detoxification journey by spending seven days with us. This retreat will immerse you fully into a healthy lifestyle and highlight the differences between your lifestyle choices at home and those of a healthy lifestyle through educational workshops. Daily yoga and fitness sessions along with healthy and nutritious meals will ensure you get the most out of your stay with us and get a good start towards achieving your weight loss and health goals.

**Save with twin share:
\$340 per day, all-inclusive**

**Indulge in your own suite:
\$440 per day, all-inclusive**

Package Inclusions:

- 7 Day accommodation at a beautiful secluded boutique location
- Nutritious and delicious meals for 7 days
- Nutritionist-designed personal meal plan (while on Retreat)
- Half day nutrition workshop
- Post-retreat nutrition plan
- Daily Yoga sessions
- Daily training sessions with a Personal Trainer
- Post-retreat personal training plan
- Inspirational seminar on heart health with Cardiac Specialist
- Educational workshops, including nutrition, exercise and health
- Cooking classes and workshops
- Session with our Personal Stylist and Make-up Artist
- One 45 minute session with our Beauty Therapist – therapy of your choice
- All activities and outings
- Goody bag on arrival and personal motivational journal
- Full-time facilitator support
- Post retreat support and follow up for six months
- Membership to our Resolution Support Network online community for 12 months

Ten Day Intensive

A significant weight-loss kick start and detoxification journey. Education is intensified during this retreat to ensure you leave with the knowledge you need to make positive lifestyle changes at home. Leave feeling pampered, refreshed, and fabulous.

We will give you all the education, inspiration and tools you need to take away to empower you to achieve your goals. The post-retreat community and support will enable you to continue to keep accountable implement what was learnt on the Retreat, at home.

**Save with twin share:
\$320 per day, all-inclusive**

**Indulge in your own suite:
\$420 per day, all-inclusive**

**Find
Out
More**

Package Inclusions:

- Guaranteed weight loss
- Exclusive retreat with an intimate group of up to 14 women
- Ten day accommodation at a beautiful, boutique location
- Nutritious and delicious meals for ten days
- Nutritionist-designed personal meal plan (while on Retreat)
- Half-day nutrition workshop with our Nutritionist
- Post-retreat nutrition plan
- Daily Yoga and meditation sessions
- Daily training sessions with a Personal Trainer
- Post-retreat personal training plan
- Inspirational seminar on heart health with Cardiac Specialist
- Seminar on women's hormones with Hormone Specialist
- Educational workshops, including nutrition, exercise and health
- Cooking classes and workshops
- Success/wellness coaching
- Sessions with our Personal Stylist and Make-up Artist
- One 45 minute session with our Beauty Therapist – therapy of your choice
- All activities and outings
- Goodie bag on arrival and personal motivation journal
- Full-time facilitator support while on Retreat
- Post retreat support and follow up for six months
- Membership to our Resolution Support Network online community for 12 months

Two Week Transformation

Two weeks spent on becoming the best version of yourself. Guests go through a transformational physical and mental journey. An extended retreat length for committed women who are serious about making lasting changes in their life. After 14 days of looking after their body and soul, guests emerge looking and feeling refreshed, healthy, happy. Join like-minded women who face similar challenges to your own and build a supportive community of friends.

Find
Out
More

Package Inclusions:

- Guaranteed weight loss
- Exclusive retreat with an intimate group of up to 14 women
- 14 day accommodation at a beautiful, boutique location
- Nutritious and delicious meals for 14 days
- Nutritionist-designed personal meal plan (while on Retreat)
- Half-day nutrition workshop with our Nutritionist
- Post-retreat nutrition plan
- Daily Yoga and meditation sessions
- Daily training sessions with a Personal Trainer
- Post-retreat personal training plan
- Inspirational seminar on heart health with Cardiac Specialist
- Seminar on women's hormones with Hormone Specialist
- Educational workshops, including nutrition, exercise and health
- Cooking classes and workshops
- Success/wellness coaching
- Sessions with our Personal Stylist and Make-up Artist
- One 45 minute session with our Beauty Therapist – therapy of your choice
- All activities and outings
- Goodie bag on arrival and personal motivation journal
- Full-time facilitator support while on Retreat
- Post retreat support and follow up for six months
- Membership to our Resolution Support Network online community for 12 months

Save with twin share:
\$290 per day, all-inclusive

Indulge in your own suite:
\$390 per day, all-inclusive

Three- Week Life Changer

Our most sought-after retreat length. There is a well known saying that “it takes 21 days to change a habit”. After three weeks, you will start seeing significant weight loss. You will be able to take some serious time-out from your every day life, get pampered, relax, unwind, clear the mind and focus on one goal: getting health and weight loss results.

Find
Out
More

Package Inclusions:

- Guaranteed weight loss
- Exclusive retreat with an intimate group of up to 14 women
- 21 day accommodation at a beautiful, boutique location
- Nutritious and delicious meals for 21 days
- Nutritionist-designed personal meal plan (while on Retreat)
- Half-day nutrition workshop with NZ Nutritionist
- Personal copy of Best Selling inspirational health book
- Post-retreat nutrition plan
- Daily Yoga and meditation sessions
- Daily training sessions with a Personal Trainer
- Post-retreat personal training plan
- Cooking classes and workshops
- Inspirational seminar on heart health with Cardiac Specialist
- Seminar on women’s hormones with Hormone Specialist
- Educational workshops, including nutrition, exercise and health
- Success/wellness coaching
- Sessions with our Personal Stylist and Make-up Artist
- Two 45 minute sessions with our Beauty Therapist – therapy of your choice
- All activities and outings
- Goodie bag on arrival and personal motivation journal
- Full-time facilitator support while on Retreat
- Post retreat support and follow up for six months
- Membership to our Resolution Support Network online community for 12 months

Save with twin Share:
\$280 per day, all-inclusive

Indulge in your own suite:
\$380 per day, all-inclusive

Upcoming 2017 Retreat Dates

Dates	Retreat Type	Length	Own Room (NZD Per Person Per Day)	Twin Share
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Please note we also have 2018 dates available, listed on next two pages ...

Apr 14 - May 4 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
May 6 - 8 Check availability	Three Day Taster	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Jun 10 - 12 Check availability	Three Day Taster	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Jun 17 - 23 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Jul 8 - 17 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule
Jul 22 - 28 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Aug 6 - 26 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Sep 2 - 4 Check availability	Three Day Taster	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Sep 8 - 14 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Sep 16 - 25 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule
Sep 29 - Oct 1 Check availability	Three Day Taster	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Oct 16 - 22 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Oct 27 - Nov 9 Check availability	Two Week Transformation	14 Days, 13 Nights	\$390	\$290	View details	Download draft schedule
Nov 11 - Dec 1 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Dec 9 - 11 Check availability	Three Day Taster	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Dec 14 - 20 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule

Upcoming 2018 Retreat Dates ...

Dates	Retreat Type	Length	Own Room	Twin Share	View details	Download draft schedule
			(NZD Per Person Per Day)			
Jan 5 - 25 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Jan 27 - 29 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Feb 3 - 12 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule
Feb 17 - 19 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Feb 24 - Mar 2 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Mar 4 - 17 Check availability	Two Week Transformation	14 Days, 13 Nights	\$390	\$290	View details	Download draft schedule
Mar 25 - Apr 14 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Apr 20 - 29 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule
May 5 - 7 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
May 19 - 25 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Jun 2 - 4 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Jul 6 - 26 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Jul 28 - Aug 3 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Aug 10 - 12 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Aug 18 - 31 Check availability	Two Week Transformation	14 Days, 13 Nights	\$390	\$290	View details	Download draft schedule
Sep 20 - 29 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule

Dates continue on next page ...

...Upcoming 2018 Retreat Dates

Dates	Retreat Type	Length	Own Room (NZD Per Person Per Day)	Twin Share	View details	Download draft schedule
October 1 - 14 Check availability	Two Week Transformation	14 Days, 13 Nights	\$390	\$290	View details	Download draft schedule
Oct 20 - 22 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Oct 27 - Nov 16 Check availability	Three Week Life Changer	21 Days, 20 Nights	\$380	\$280	View details	Download draft schedule
Nov 19 - 25 Check availability	Seven Day Renewal	7 Days, 6 Nights	\$440	\$340	View details	Download draft schedule
Nov 30 - Dec 2 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule
Dec 7 - 16 Check availability	Ten Day Intensive	10 Days, 9 Nights	\$420	\$320	View details	Download draft schedule
Dec 21 - 23 Check availability	Three Day Fresh Start	3 Days, 2 Nights	\$420	\$320	View details	Download draft schedule

*Nurturing
yourself is not
selfish – it's
essential to
your survival
and your
wellbeing*

Renee Trudeau



Stop looking after everyone else and start looking after yourself. Book a retreat today.

Retreats fill fast and almost always sell-out. Please reserve your space early to avoid disappointment.

Contact Us

We would love to hear from you

www.resolutionretreats.co.nz/

Call us:

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Resolution Retreats

Tauranga
New Zealand

