



# NEW ZEALAND ELEMENTS

Challenge the elements - Ignite, flow, rise and fly high... rediscover your natural strength and balance.

SAMPLE DAY 1	<i>Indulgence</i>	<b>ADRENALINE</b>
7.30-8.30	<b>BREAKFAST</b>	<b>BREAKFAST</b>
8.30-9.30	<b>YOGA</b>	<b>FOREST RUN</b>
10-12.00	<b>NUTRITION SESSION</b>	<b>MOUNTAIN BIKING</b>
12.30-1.30	<b>LUNCH</b>	<b>LUNCH</b>
1.30-2.30	<b>BREAK</b>	<b>BREAK</b>
15.00-18.00	<b>MASSAGES &amp; FREE TIME</b>	<b>AGROVENTURE (BUNGY, FREEFALL...)</b>
18.30-19.30	<b>DINNER</b>	<b>DINNER</b>
20.00	<b>MEDITATION</b>	<b>MEDITATION</b>

**Reservation  
inquiry**



415 Hamurana Road, Rotorua, 3072, New Zealand

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# NZ ELEMENTS

Our challenging yet fun program keeps on evolving along with our experiences, with the actual group and the Pure New Zealand environment.

SAMPLE DAY 2	<i>Indulgence</i>	<b>ADRENALINE</b>
7.30-8.30	<b>BREAKFAST</b>	<b>BREAKFAST</b>
8.30-9.30	<b>YOGA</b>	<b>YOGA</b>
10-14.00	<b>CATAMARAN CRUISE WITH HOT POOLS</b>	<b>CATAMARAN CRUISE WITH HOT POOLS</b>
14.00-17.00	<b>MASSAGES/REIKI</b>	<b>RAFTING OR OGO</b>
17.00-19.00	<b>TENNIS/FITNESS/FREE TIME</b>	<b>TENNIS/FITNESS/FREE TIME</b>
19.00-20.00	<b>DINNER</b>	<b>DINNER</b>
		

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Take home a great memory of team spirit and camaraderie and a deep sense of accomplishment for what you've achieved

SAMPLE DAY 3	<i>Indulgence</i>	<b>ADRENALINE</b>
8.00-9.30	<b>BREAKFAST</b>	<b>BREAKFAST</b>
9.30-10.30	<b>STRETCHING</b>	<b>STRETCHING</b>
11-12.30	<b>MASSAGES &amp; FREE TIME</b>	<b>MASSAGES &amp; FREE TIME</b>
12.30-13.30	<b>LUNCH</b>	<b>LUNCH</b>
14.00-15.00	<b>POLYNESIAN SPA</b>	<b>POLYNESIAN SPA</b>
17.00	<b>LATE CHECK-OUT</b>	<b>LATE CHECK-OUT</b>

**Reservation inquiry**

