

Abundant Health & Yoga Retreat

Your Abundant Health and Yoga Retreat hosts Jeanette and Sharla are natural therapists from the beautiful Waihi Beach.

After teaching for 35 years, Jeanette moved to Waihi Beach with her husband. Since 2001 Jeanette's journey as a natural therapist has involved becoming qualified as a yoga teacher, reflexologist, Theta Healing and Jin Shin Jyutsu practitioner and promoting health and longevity with ayurvedic lifestyle plans.

Jeannette also hosts personalised day retreats which can include yoga, nature walks, sauna and reflexology, Jin Shin Jyutsu energy harmonising and Ayurvedic head massage treatments. Food is a highlight of the day with seasonal, fresh, whole food meals.

During the Abundant Health and Yoga Retreat Jeannette will share her love of yoga along with two workshops to learn how to harmonise your energy easily in a way that will change your life. You will also learn how to give yourself (and someone else) a hand reflexology to promote balance in your body.



Sharla has a similar story. Formerly a busy photo journalist, she found the work stimulating and fulfilling, but began to question the health effects of her highly stressful occupation. "An idea to visit a naturopath spiralled me into the whole new and mysterious world of natural healing."

With a bachelor of Natural Medicine and Medical herbalism she holds private consultations from her Natural Medicine Clinic and offers a full life plan for her clients to assist them to health and recovery. "This is what I love to do. I'm amazed at the wisdom of ancient healing techniques and at the healing capacity the body has, away from chemical interventions. I see herbs as a gift from nature." She says used traditionally by all cultures, herbs are as vibrant today as ever. Sharla also offers and is qualified in deep tissue, therapeutic and pregnancy massage.

Sharla will host three workshops during the retreat. With a fascination for the healing power of Flowers she will share their history and show you how to make your own personal essences to take home. Find your power – a women's guide to health and vitality will include eight major steps in finding and holding your power and regaining health. A Backyard Pharmacy workshop will look at healing herbs (and weeds) growing naturally under our noses and how to use them.

The Waihi Academy will be home for those attending the event. It is a purpose built top rated internationally acclaimed luxury facility in the country just outside Waihi. Waihi is an idyllic sleepy town centrally situated between Auckland, Tauranga and Hamilton and is the gateway to the Coromandel. The Academy offers ensuite suites with all the modern facilities for your comfort.



Jeannette McCallum

- 10 years Yoga Teacher
- Registered Yoga Teacher 500 (International Yoga Alliance)
- Certificate of Yoga Therapy (Kerala, India)
- Certificate of Ayurveda Body Reading; Pregnancy and Baby Massage; Beauty Therapy
- Certificate of Ayurvedic Head Massage
- Diploma of International Institute of Reflexology / Professional Member RNZ
- Jin Shin Jyutsu Practitioner

- Theta Healing Practitioner
- M.Ed. Admin. B.Ed.

Sharla van Leeuwen

- Bachelor of Natural Medicine
- Medical Herbalist
- Qualified therapeutic, deep tissue, baby and pregnancy massage therapist
- Contact Care Flinchlock Release Therapist in training
- Post graduate in photographic journalism