

xcellence

The lifestyle magazine of Luxaviation Group



Secret Hideaways

Northern Vietnam: Drilling down through the bedrock of time.

Grapes & Flavours

Meet with a passionate winemaker at Château Baulos-Charmes.

Star Chefs

Jérôme Coustillas, aka "Le Chef" in Moscow.

Stopovers

A zen retreat in New Zealand's Southern Alps.

Art Treats

A contribution to Luxembourg's architectural heritage.

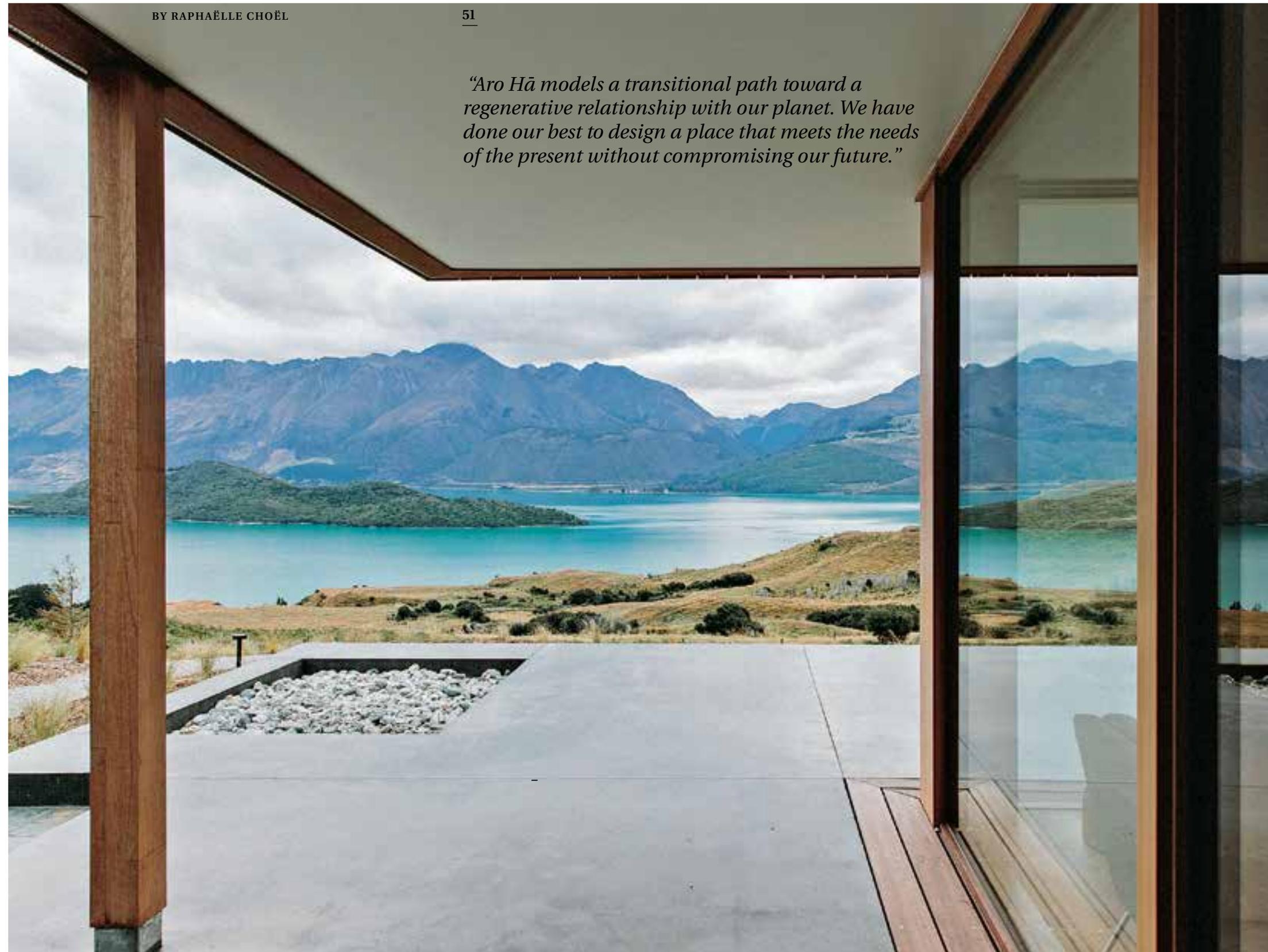


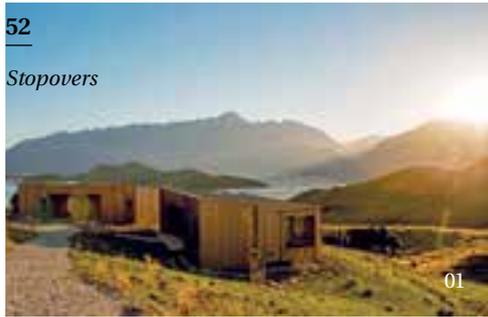
Aro Hā, a retreat to reconnect with our essence

Opened in January 2014 by Chris Madison and Damian Chaparro, Aro Hā is the first wellness centre of its kind. Located in New Zealand's Southern Alps, a 35-minute drive from Queenstown and 10 minutes from the settlement of Glenorchy, Aro Hā is a unique, reinvigorating experience for the body, the mind and much more...



“Aro Hā models a transitional path toward a regenerative relationship with our planet. We have done our best to design a place that meets the needs of the present without compromising our future.”





01 / Zen-inspired eco-accommodation.

02 / Meals at Haro Hā are vegan and mostly raw.

Aro Hā, behind this mysterious word stand two entrepreneurs from New Zealand: Damian Chaparro and Chris Madison both share a common and genuine interest in wellness. Before establishing the concept, Damian had worked in the wellness industry for a decade, including time at some of the best-known wellness retreats in the world. For his part, Chris came to the project with the complementary skills of a solid background in finance. The story begins in early 2010, when both men were discussing their shared interest in creating a transition space for those interested in nature, adventure, self-development, alternative health, and results-oriented fitness. Excited by their shared worldview, and the potential transformative impact of such a project, they came up with the concept of Aro Hā.

A life-changing, body-morphing, and spirit-lifting retreat

The motivation was providing a wellness retreat experience full of discovery, challenge and adventure that builds fitness and well-being while facilitating awareness. Above all, Aro Hā aims to foster the connection between nature, wellness, and humanity's need to move towards to a regenerative existence. Aro Hā will bring people together to learn about nature, the world and, ultimately, themselves. "Aro Hā models a transitional path toward a regenerative relationship with our planet. We have done our best to design a place that meets the needs of the present without compromising our future," explains Aro Hā partner, Damian Chaparro. The purpose of the facility is to create a place that supports self-awareness, physical fitness, and connection with our true nature.

Aro Hā is a place dedicated to purposeful and meaningful living, which aim is to provide its guests with optimal wellness, together with a life altering glow. It has been architecturally designed and constructed over the past 3 years using the best sustainability and permaculture practices. The result is a first-of-its-kind facility: New Zealand's first distributed hydronic heating system, fuelled by solar power and a log-boiler backup; resilient, localised off-grid utilities; incorporation of passive house design techniques for high efficiency and reduced environmental impact; photovoltaic and micro-hydro generation; and roof-water and grey-water reuse.

A day in heaven

Each retreat is personalised, which means the capabilities of each guest will be taken into consideration. Nevertheless "guests will be challenged during their stay and rewarded with a sense of achievement and glow by the end of the retreat," Chaparro tells us. Prior to their arrival, and in order to get the most out of their wellness adventure, guests are encouraged to refrain from caffeine, cigarettes and alcohol for at least a week before, so as to reduce potential detox symptoms (headaches, etc.). Guests are also encouraged to start moderate exercise a week before. "A mix of cardiovascular and strength training is ideal. This will greatly reduce the level of soreness experienced," according to the founders. To help them get the most from the adventure guests, are also asked to "play the game", by not bringing any tobacco (the property is completely non-smoking), food or beverages, and to limit laptop and telephone use to ensure a completely authentic experience.



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Dramatically beautiful and part of the region known as the "adventure capital of the world", the centre has remarkable views over Lake Wakatipu and the Southern Alps. A day with Aro Hā means living well and balance. In this amazing, unique setting, which only New Zealand can offer, a typical day starts with a sunrise yoga session, followed by subalpine hiking programme and meditation practice. After this body and mind morning, guests nurture themselves with a detoxifying, mostly raw, vegan meal specifically patterned to their needs; the diet is based on active enzymes and aims to stimulate and soothe the guests' intestinal flora. The programme continues with dynamic strength training, followed by a daily therapeutic massage, a spa treatment and a good night's sleep in the Zen-inspired eco-accommodation (a total of 20 guest rooms are available). The retreats are all-inclusive, so that guests can really unwind and go with the flow: no need for credit cards after arrival, and no decisions to make. The key ideas are health and regeneration for the group (each retreat has an 8-person minimum and target group size is 14 guests).

Aro Hā invites the universe

Clients are a mix of 70 % female and 30 % male, of all age groups, who all show a real interest in

health and wellness issues. Be they looking for an adventurous fitness experience, or something transformative and life-affirming, they come and spend a few days disconnecting from the hustle and bustle of city life, or the stress inherent in their daily routine. Some of them are also hoping to lose weight and set a new course for their well-being.

The encounter with Mother Nature makes it a unique and challenging yet enjoyable experience, where all the senses are stimulated and the mind elevated. A retreat at Aro Hā is not just about spending a few days in another world: it is about getting to grips with what real life is again. More than an experience, it is a choice made to embrace a more meaningful life, where body, mind and spirit are interconnected and can flourish simultaneously.

Damian Chaparro confesses his next big dream is "to continue to evolve the experience, to encourage transformative wellness habits in our guests. We are excited by the results our guests are getting from our programming and we look forward to welcoming more of them and helping them on the path to wellness." The message is as clear as it is ambitious, and the route is well designed. If life is more about the journey than the destination, where could embody that as well as Aro Hā?

A typical day starts with a sunrise yoga session, followed by subalpine hiking programme.

How to get there LUXAVIATION FLIES TO

GLENORCHY
Glenorchy is only a one-hour scenic drive from Queenstown Airport.



“Guests will be challenged during their stay and rewarded with a sense of achievement and glow by the end of the retreat.”

Lake Wakatipu and the Southern Alps, New Zealand.