





Aro Ha Wellness Retreat is a purpose built luxury wellness retreat, set in spectacular surroundings near Queenstown, New Zealand. A first-of-its-kind retreat centre, fusing advanced eco accommodation, [permaculture](#) based self-sufficiency, and world-class results-oriented programming.

Aro Ha offers innovative all-inclusive Wellness Adventure programs. The blueprint has been refined over the last 10 years and is based on yoga, sub-alpine hiking, functional strength training, meditation, therapeutic massage, mindfulness and detoxifying vegetarian cuisine.

Located in **New Zealand's** Southern Alps. Our physically challenging programs stimulate the body & mind. Attention to wellness will be rewarded with a youthful embodiment of optimum health. If a transformative shift is needed, Aro Ha is the **ideal elixir**.

Designed and constructed by a team of New Zealand's leading consultants, Aro Ha exemplifies best practices for living in balance with nature while meeting our modern needs. Localised food production from permaculture gardens is used to provide a signature wellness menu. Off-grid power generation, Passive Haus building techniques, and New Zealand's first renewable distributed heating scheme all ensure the retreat treads lightly on the local environment.

“Aro Ha is designed to support exceptional personal growth, both physically and spiritually,” says Chaparro. “We feel a program that combines all the elements of true health, from built form to mindfulness, is a great way to support a shift.”

For further information, or more detail on programs, please visit www.aro-ha.com or contact Paula Ryan on +64 3 442 7011 email: media@aro-ha.com

ARO HĀ FACT SHEET

Why

- . To provide a retreat experience full of discovery, challenge and adventure that builds fitness and wellbeing while facilitating mindfulness
- . Create architectural built form, landscaping and infrastructure that embrace and reflect the surrounding natural environment to inspire those who visit.
- . Foster the connection between nature, wellness, and humanity's need for transition to a regenerative existence.

What

- . An environmentally aware, purpose-built, health and wellness retreat. Aro Hā fuses state-of-the-art building techniques, permaculture based self-sufficiency and world-class wellness programs.

Where

- . Located in New Zealand's Southern Alps on the shores of Lake Wakatipu, the land was chosen for its beauty, natural energy, and access to adventure hikes, international appeal and accessibility. This 8.4 hectare site (about 21 acres) sits on a sub-alpine terrace in a naturally secluded cluster of Wyuna Preserve. It's a 35-minute drive from Queenstown. Dramatically beautiful and part of the region known worldwide as the 'adventure capital of the world', the land has remarkable views over Lake Wakatipu and the Southern Alps

When

- . Opened January 12 2014. Design and build was a three year project – Construction completed 1 December 2013

Who

Chris Madison and Damian Chaparro are the Managing Partners of Aro Ha.

Guest profile

- . People who want an adventurous, fitness experience.
- . People seeking a transformative life affirming experience
- . People seeking to lose weight, dissolve stress, and set a new course for their wellbeing
- . People attracted by world class guest educators

Guest Retreat Leaders and Educators

Aro Hā has a collaborative culture and welcomes new ideas and new thinking. Our intention is to provide an optimal turnkey platform for hosting mind-blowing wellness adventures. Our goal is to remove the burden of orchestrating retreats

and education sessions so leaders can focus on what they do best. Aro Hā has been developed *for* retreat leaders, *by* retreat leaders

Capacity

- . 12 Eco –Suites & 8 Monastic Singles
- . Target group size is 14 guests for 5- 7 day retreats
- . Up to 80 guests for a 1-day event
- . Each retreat has an 8 person minimum

Wellness Adventures

- . Our template for optimal wellness has been refined to provide guests with a life-altering glow. Programs are based on the essentials of wellness. Combining yoga, sub-alpine hiking, therapeutic massage, dynamic movement, mindfulness, and detoxifying cuisine to help guests move toward real health.
- . Unlike most programs, ours is all-inclusive and compulsory. Our small groups move through the bespoke experience together. They are challenged, they succeed, and they bond together.
- . Staff to guest ratio is high allowing guests to be challenged at their own level
- . Aro Hā Wellness Adventures are results oriented programs. Retreats are all-inclusive, with everything from daily massage to airport transfers included. Guests arrive, **unplug**, and are seamlessly guided toward health.

An example of an unapologetically healthy day

- Sunrise Flow Yoga
- Energising Breakfast
- Sub Alpine Hike (10-16km, 3-4hr)
- Nutrient Dense Lunch
- Rejuvenation & Spa Time
- Therapeutic Massage
- Functional Strength Training
- Nutrition Demo
- Restorative Yoga
- Mindfulness Practice
- Dinner
- Write to Ignite or Spa Time

We follow a proven template that is as dynamic as our subalpine setting. You will be exposed to a mix of teachings, guides, practices, and nature adventures, all chosen for their complementary attributes.

Unique Features

- . First of its kind in New Zealand and possibly the world
- . Wellness programs refined over 10 years
- . Experienced and qualified educators – masters in their fields
- . Incorporation of Permaculture design principles
- . Environmentally sustainable purpose built design
- . New Zealand's first distributed hydronic heating scheme fueled by solar thermal and a log boiler backup
- . Resilient localized off-grid infrastructure systems
- . Incorporation of Passive Haus design techniques for high efficiency, and reduced environmental impact
- . Capable of supplying energy requirements through photovoltaic and micro-hydro generation.
- . Roof-water and grey-water re-use

Facilities

- . Aro Hā has been architecturally designed and constructed using best practices from Permaculture, Passive Haus, and sustainability. The facilities intelligent off-grid systems can facilitate guest learning. Each accommodation unit can report on its consumption of power and water, providing potential for education, and environmental awareness.
- . 11 buildings
- . Beautiful multi-function communal building
- . Aro Ha room, a multi functional studio with state of the art AV system
- . Spa – hot tub, cold plunge, Finnish sauna, Infrared sauna, cooling bed
- . Massage & treatment rooms
- . Guest accommodation
- . Staff accommodation
- . Permaculture Gardens & Orchards
- . Hiking trails

Retreats and Pricing

All retreat pricing is fully inclusive – accommodation, meals, programme, spa therapies, education. There are no add ons. Prices start at NZD\$4550 pp for a 5 day Adventure in Wellbeing retreat. We also offer 6 and 7 day retreats.

[Invigorate & Enrich](#) – Signature 5 Day Wellness Adventure

For those with a bit less free time, this powerful intensive is an all-inclusive program that rewards your persistent hard work with a life-affirming glow. Invigorate & Enrich makes full use of our purpose built facility, experienced staff, and world heritage surroundings.

Contacts

For further information about Aro Hā, interviews, [hi-res images](#) or familiarisation requests, please contact:

Aro Ha Wellness Retreat
PO Box 134
Glenorchy 9350
New Zealand

www.aro-ha.com

- NZ Office: +64 3 442 7011 / +64 27 2886869
- Email: paula@aro-ha.com

