



Lighthearted wellness

A luxurious healthy living experience



Book your spot

Only a 35-minute ferry ride from downtown Auckland, on beautiful Waiheke Island, you'll find Koukoulee Retreats. Koukoulee means cocoon in Greek and this is exactly what our wellness retreats feel like.

How it works

Every detail planned for you

This is just a base and we can tailor it to your intentions. If fitness is your priority we will choose yoga teachers whose style is more dynamic or we can offer Pilates, Barre and HIIT. If you are looking to relax we will infuse your itinerary with mindfulness and meditation. Our masseuses (if you choose to have a massage) will come to you when it suits you. The idea is that everything is done for you.

Once you have gathered your group and have dates in mind, we will reach out to our providers for availability and present to you two options to choose from. We generally have good availability as we are working with a few providers, so we can always accommodate. From there everything is easy.

We will just ask a couple of questions and once we determine your intentions and goals, we will put together the ideal itinerary for you. You will just sit back, relax and we will take care of the rest.

Do

Day 1

3 pm - Check-in

Welcome drinks

5 pm - cacao ceremony & grounding

6.30 pm - Plant-based dinner at home

Day 2

8 am - Morning yoga

9.30 am - Cooked breakfast

Free time for massage/facials

12.30 pm - Plant-based lunch at home

5 pm - Restorative & Nidra

6.30 pm - Light dinner at the home





Do

Day 3

8 am - Morning yoga

9 am - Breakfast

10 am - Check out

Koukoulee

Pricing – Bronze

Stylish accommodation – sharing bedrooms

May – September

From \$699 pp

October – April

From \$799 pp



What's included

Every detail planned for you

- 2 nights stylish accommodation (no pool or spa pool)
- 4 x wellness sessions
- Plant-based breakfasts in-house
- 1 plant-based lunch
- Drinks & healthy snacks



Koukoulee

Pricing - silver

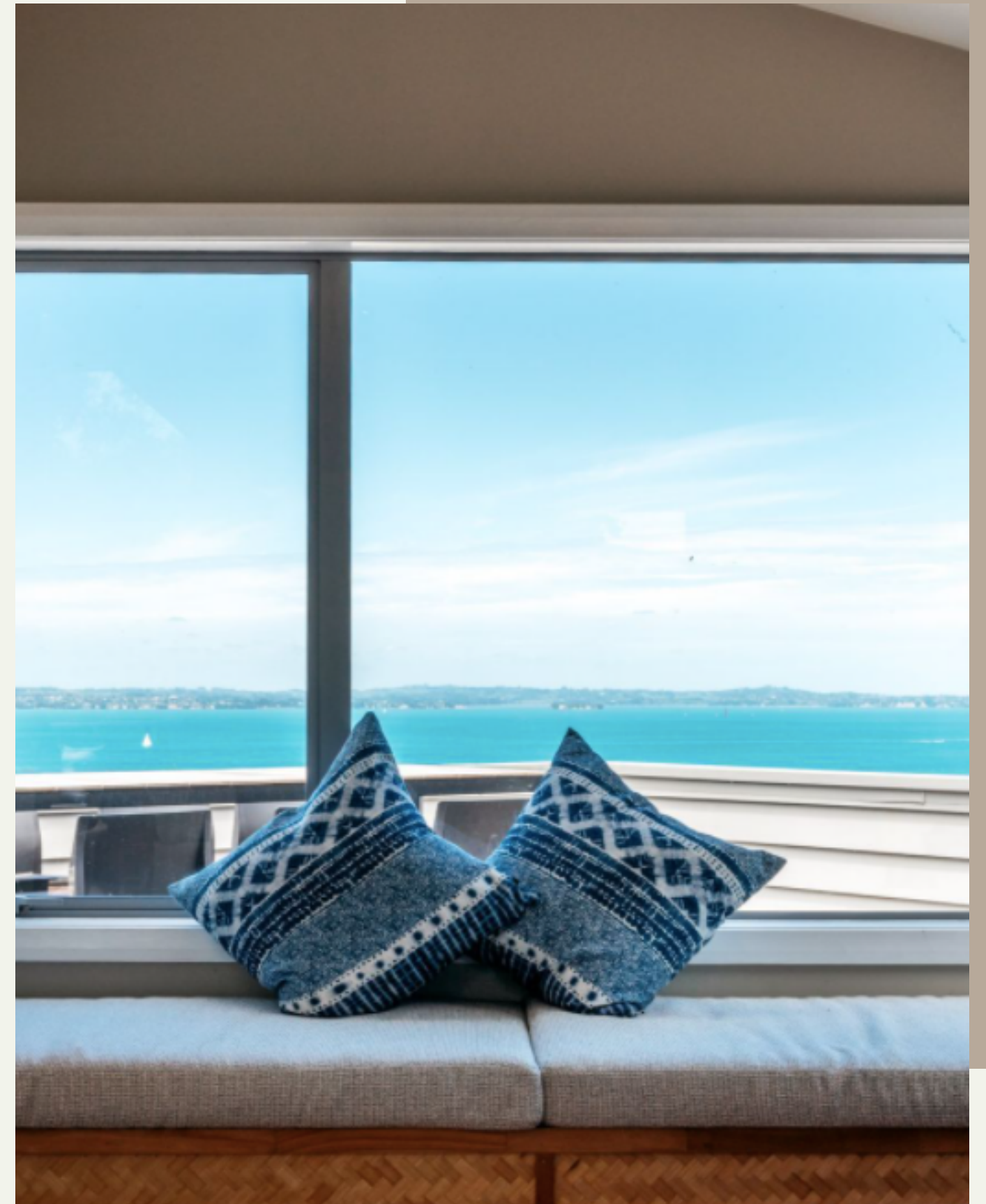
4-star accommodation

May - September

From \$1099 pp

October - April

From \$1,199 pp



Pricing

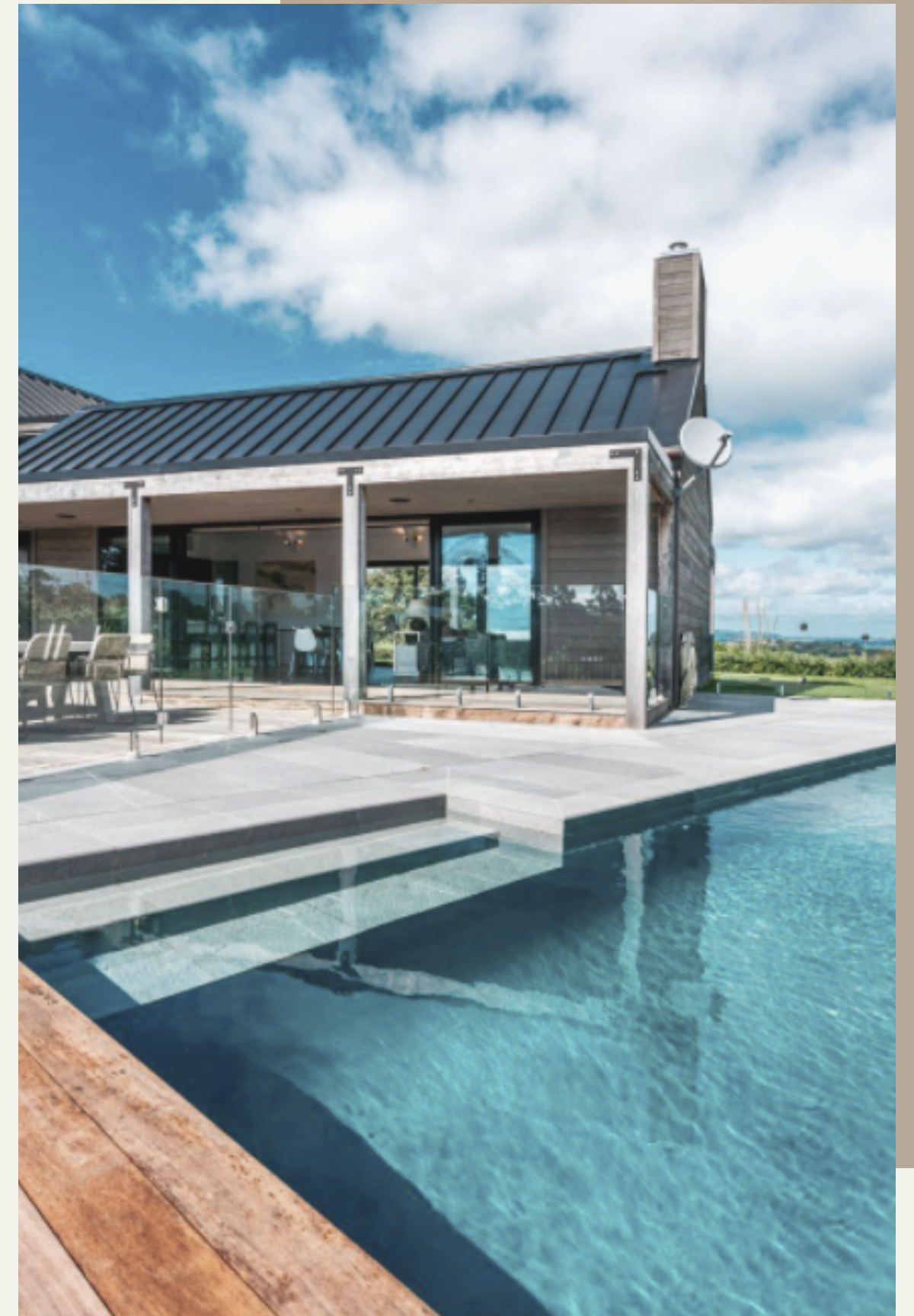
5-star accommodation

May - September

From \$1,500 pp

October - April

From \$1,800 pp





What's included

Every detail planned for you

- 2 nights 4 or 5-star accommodation
- Shuttle transfers
- 4 x wellness sessions (yoga, Pilates, meditation, cacao)
- All plant-based meals in-house
- Drinks & healthy snacks
- On call retreat coordinator to assist with queries and requests
- 10% off massages

Add ons

1-HOUR MASSAGE

\$140 pp

1-HOUR BESPOKE FACIAL

\$160 pp

1.5 HOURS MINDFULNESS WORKSHOP

\$50 pp

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\$45 pp



What our guests said

"Big Thank you to Vassia, teachers, and students.

Our yoga retreat has had a great impact on my everyday life.

I am meditating daily and have slept better than I have in months."

Tania, attended a retreat in April 2021

What our guests said

"My 7-year-old told me this week that I am much nicer since I went away, so thanks also for the zen I took home!"

Nadine, attended a retreat in April 2021

What our guests said

"Thank you so much for organising our weekend. We have returned feeling rejuvenated and thought it was just the right mix of fun, yoga, healthy food, comfort, engagement and free time. Your yoga instructresses were awesome, Chantella's food was amazing and you and Theresa were the perfect hosts. We would definitely recommend this weekend getaway activity to others and hope to return ourselves in the not too distant future. "

Tonya, attended a retreat in June 2021

Stay

We are working with some of the best accommodation providers on the island. Think boutique accommodation rather resort or retreat complex. We have a range of self-contained luxury accommodation for your group with spa/ swimming-pool, private lounge, dining, kitchen, bedrooms with luxury linen and toiletries.



Book your group

You don't have to be a seasoned Yogi to join and enjoy our retreats. All yoga sessions are suitable for all levels and adjustments will be provided.

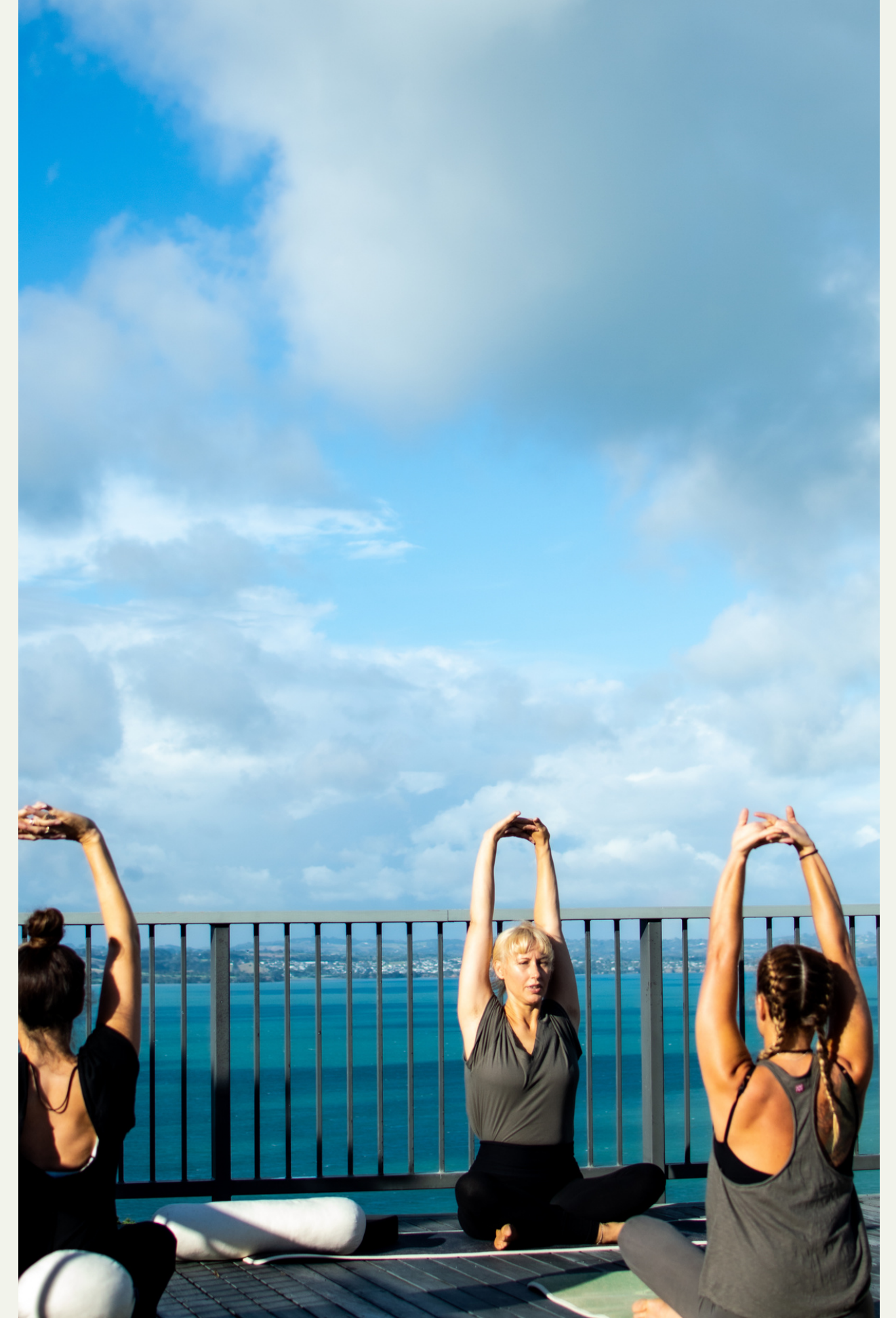
Who is it for?

This retreat is perfect for groups of any age and gender looking to have a mini break. We strive to create a luxurious, feel-good environment where you can dive deeper into your wellness journey.

We believe on what we like to call lighthearted wellness. Our retreats offer an opportunity to relax and unwind without feeling the pressure to achieve.

If you are in need for some time to stay still, reconnect with friends and feel present then this is one for you.

Minimum group size is 5 people.





About our retreats

Rather than pressuring people into impossible stereotypes, our retreats celebrate authenticity. Our whole reason-to-be is about sharing a gentle, balanced and optimistic break from the norm.

We thoughtfully and intentionally slow-down and break the pattern by feeding the body and soul, so you get some sanctuary and leave feeling inspired and better than before. It's an easy-going break to meet you where you are at and regain your mojo.



GET IN TOUCH



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Koukoulee