



NEW ZEALAND YOGA HIKE RESTORE RETREAT

**with Jessie Chapman & facilitators
Sunday 16th - Friday 21st November 2025
5 Night All Inclusive Retreat**

This letter contains all the practical retreat information:

Location & Getting There

Our New Zealand Yoga Hike Restore Retreat is staying 5-nights at a lovely mountain view lodge, 10 minutes' drive outside Wanaka on the South Island. Our group meeting place and pick-up is in Queenstown town centre and the Queenstown International Airport, which is serviced by many airlines. Some flights into Queenstown go via Auckland, others fly direct. Let us know if you require assistance with flight bookings. From Queenstown our driver transports participants to the retreat.

Queenstown Pick-Up / Meeting – Sunday 16th November

Our two designated group pick up locations / times are:

3 pm opposite the Crown Plaza Hotel on 93 Beach Street, Queenstown, or

3.30 pm at the Queenstown International Airport. Once you've come out into the arrivals area walk to the other end of the terminal, exit the building, and keep walking to the end of the building outside where there is a minibus parking bay / pick up area where our driver will be waiting. The drive to our retreat takes about 1-hour or so. It's best to have eaten lunch beforehand.

Arrival to the retreat:

Upon arrival settle into your room, relax and have some refreshments. We then enjoy a stroll around the property before a relaxing afternoon yoga class followed by dinner. After dinner there's a lying down Yoga Nidra / guided relaxation, before a deep restorative sleep.

Departure Day / Queenstown drop off – Friday 21st November

On our last morning yoga is a shorter class from 7am - 8am followed by a farewell breakfast. We then depart the lodge at 9.30 am.

The two designated group drop-off locations / times are:

11 am at Queenstown Airport

and 11.30 am at Queenstown centre (93 Beach Street)

If you're flight departs later that day, there are lockers at the airport to store your luggage. You can then be dropped in Queenstown centre and return to the airport via the public bus (approx. \$10 / cash only) or taxi. If staying an extra night or so in Queenstown, there's a wide range of accommodation options along with some stunning walks and hikes. If needing to depart the lodge earlier in the morning a private transfer can be arranged at an extra cost.

Extra nights

There's a range of hotels in Queenstown where you can stay before or after the retreat pick-up or drop off. Please email me if you wish for any recommendations.

Daily Program

wake up in stunning surrounds

7am: inspirational morning yoga practice

9am: fresh morning juice & abundant buffet breakfast

10am: head out for our days hike

12pm: picnic lunch on our hiking trail

4pm: refreshments back at our retreat

5.30pm: afternoon restoration yoga

7pm: nutritious dinner

8.15 pm: yoga nidra / guided relaxation / meditation

deep restorative sleep

Everything on the program is included and optional. This is your retreat so feel free to skip a yoga class or hike to rest. We stop in Wanaka some afternoons for supplies. Some people opt to take a rest day at the lodge and have a massage or explore Wanaka town.

Accommodation & Facilities

Our lodge is a 10-minute drive outside Wanaka. Set on a hilltop surrounded by gardens and green grounds with a range of accommodation options including Cabins, Couple's Room, Single and Twin Share Rooms and Bunk Rooms. Guest facilities include inside and outdoor relaxation areas; a kitchen area for guest use with all day water, tea's, coffee and fresh fruits; wi-fi; laundry room; drying room and hairdryers.

Visa & Passport

Australian citizens with a valid Australian passport do not require a visa to enter New Zealand. If you are on a different passport, please check if you need a visa.

Flights & Travel Insurance

We require participants to take out comprehensive travel insurance that covers you in case of illness and unforeseen circumstance, natural disasters and airlifting out of hiking trails. When booking flights consider selecting a Flexible Fare to allow for changes if needed. Or some airlines have an option on the final payments page to pay a little extra (about \$50), which allows you to make changes if needed. If you'd like help booking flights, we have a travel agent we recommend to our Radiance Retreat guests. Please email for details.

All-inclusive 5-night Retreat Prices | Room Options

AUD \$2795 – Quad Share Bunk Room + share bathroom (p/p)

AUD \$2995 – Triple Share Bunk Room + share bathroom (p/p)

AUD \$3235 – Twin Room Bunk Room (1 set of bunk beds each) + share bathroom (p/p)

AUD \$3475 – Twin Room (1 king bed/1 single bed) + share bathroom (p/p)

AUD \$3475 – Couple's Room (king bed) + share bathroom (p/p)

AUD \$3865 – Single Room (king Bed) + share bathroom

AUD \$3665 – Couple's Room (queen bed) + private bathroom (p/p)

AUD \$3795 – Couple's Cabin (queen bed) + ensuite + jacuzzi (p/p)

AUD \$4275 – Single Cabin (queen bed) + ensuite + jacuzzi

What's Included

5 Night accommodation
Pick-up & return transfers from Queenstown Airport & town centre
Morning yoga with Jessie & facilitators
Afternoon restoration yoga with Jessie & facilitators
4 full day's hiking adventures
All meals and juices
Packed lunches to carry in our daypacks
Some silent walking periods on our hikes
Cedar sauna session by the lake
Evening yoga nidra / meditation
All day teas, coffees, fruits and drinking water

Our driver meets guests at Queenstown Airport and the town centre for easy transition to our retreat.

Not included: Airfares and travel insurance.

Massages During the retreat we usually have our wonderful therapist visit 2 – 3 late afternoons to give deep tissue, relaxation and therapeutic massage. Please let us know if you think you'd like to book in for a massage. Cost is approximately NZ\$120 for 1-hour to be paid to the therapist in cash.

Payment

A \$400 deposit is required to confirm your place. It's best to pay your deposit upon registering if wishing to confirm your booking. Final retreat payment is due 6 weeks before the retreat starts.

Ways to Pay:

1. Pay with credit card in our Radiance Retreats secure online shop: [Click here](#) to go to the Radiance Retreats Payments Page to pay your deposit, full payment or the balance owing.
2. Pay via bank transfer into the Radiance Retreat account:
Account Name: Radiance Retreats
Branch No#: 032573
Account No#: 204410
Westpac Bank Address: 73 Jonson Street, Byron Bay, NSW 2481 Australia
Swift Code# (for deposits made outside of Australia): WPACAU2S
***Put your name as the 'reference' and notify us once payment is made.**
3. Pay with credit card over the phone by calling: +61 (0)403 135 342.

Once your payment is received, you'll be emailed a receipt with more retreat arrival information.

Refund Policy

If you need to cancel your booking after paying the \$400 deposit your deposit is non-refundable however it is transferable (minus a \$100 administration fee) to another Radiance Retreat. If needing to cancel your retreat booking after paying the full retreat amount, your payment is non-refundable and non-transferable however we may be able to refund part payment depending on whether someone else books to fill your spot. This will be at the discretion of Radiance Retreats and will be minus the \$400 deposit. [Click here](#) to review our policies and terms and conditions.

What to bring

All yoga equipment is provided however some people prefer to bring their own yoga mat and eye bag
Comfortable yoga clothes (layers are good)
A good quality waterproof shell / raincoat
A warm jacket (like a puffer jacket) that is compact and light
A refillable water bottle
Light comfortable shoes for easy strolls and exploring Wanaka
Slippers or Ugg boots for warmth and comfort in the lodge
All toiletries
Swimming costume and compact hiking towel or sarong for lake and river dips
Sunglasses, sun cap/hat, sun block, lip balm and moisturiser
Ear plugs & eye mask can help if sharing a room re sounds & light
A good book or two to read

What to bring for the hiking:

Hiking participants are required to bring a pair of lightweight walking poles, even if you never normally use them. People often find these on Marketplace or at Decathlon and hiking stores (mine were \$10 at a garage sale). Poles that are lightweight and that pull into 3 parts (to fit into a suitcase) are ideal.
Good grip supportive waterproof hiking boots or shoes
Day pack to carry water, lunch, jacket, etc
2-litre water bladder makes carrying water easy and light / or your water bottle
Some people like to bring a hot water flask to enjoy hot drinks on the hikes
Layers and thermals are good as the weather may be changeable
Socks, gloves and a beanie
A small light torch with batteries to bring in your day pack
A small basic personal **First Aid Kit** for hiking. You can refer to this list for some ideas:
<https://www.rei.com/learn/expert-advice/first-aid-checklist.html> (email with any questions).
Anything else you can think of that will make your stay comfortable and enjoyable

Health

It's good to be feeling strong and healthy when you arrive. We suggest taking vitamin C and a daily probiotic leading up to and during the retreat along with anything else that works for you. Some people bring magnesium during the retreat to help relieve muscle aches and electrolyte powder to help with hydration.

Money

ATM's are available at nearby Wanaka but it's probably a good idea to bring some New Zealand dollars with you or exchange some currency at the airport.

We look forward to sharing this retreat with you
Jessie & the Radiance team

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www.radianceretreats.com