



# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki

---

Fully Catered Retreat  
3 Guest Facilitators + Main Facilitator  
Gift Pack on arrival  
Accommodation at Waihoanga Retreat  
Access to private river  
Outdoor Bath & Fire  
Photographer (you can keep your  
own photos)  
All workshops & experiences  
Community, Connection &  
Friendships  
Lifelong memories and experiences

# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## GUEST FACILITATOR

### Chloe Palmer | Sound Bath

Chloe is a Musician, Mother and Sound Healer. She has over 25 years of experience performing music around the world, a Bachelors of Music and a Diploma in Wellness and Relaxation Massage.

Chloes voice is her most potent instrument, often described as ancient, familiar, powerful and provocative. She weaves her voice and over 20 instruments together to bring you into a state of deep relaxation, intuitive reception and profound introspection. She sings in over 7 languages with expert pronunciation and takes you on a journey- out of the mind and into the body and heart space, where emotions surface and realisations land.

AR

# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## GUEST FACILITATOR

### Patsy Kainuku | Intimacy to Shadow

A soul guide and spiritual practitioner, who walks the realms of both therapeutic and indigenous medicines. As a passionate mum, Patsy advocates for holistic well-being and spiritual growth. Currently pursuing my Masters of Māori Health, Patsy is dedicated to exploring the concept of self-leadership and empowering others on their healing journeys through ancient wisdom and modern practices.

Patsy offers incredible insight and wisdom into the medicine of the soul, how our shadow can be impacted through generational conditioning and societal systemic pressure. All while acknowledging and encompassing Indigenous Practice as an Indigenous Māori.

AR

# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## GUEST FACILITATOR

### Zoe Kee-Sue | Shadow Dance

Zoe is a motivating individual whose passion is to empower others by sharing her love of dance. With her background as a professional dancer, international performer and teacher - Zoe's time abroad has taught her to work and collaborate with many different cultures, ages, ethnicities, backgrounds and beliefs. Zoe offers support in healing and empowering souls to embody their true potential, as well as exploring and growing their inner confidence. She has been working with dance medicine for many years and believes it is a powerful tool for developing the skill set that will help you recognize your strengths, be inspired, take action, and build an emotional connection with yourself.

AR

# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## PHOTOGRAPHER

### Emily Close | Photographer

Emily Close is a physiotherapist by day, Photographer by night! Capturing life's raw beauty & emotions through her lens. Turning moments into memories. Emily captures more than photos, it's about the essence, energy, and authenticity of every frame.

Commended for her photography in Photographer of the Year 2022, and with her upcoming exhibition "flowers", Emily is one of the most outstanding photographers in capturing the essence, and raw emotion through the lens.

AR

# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## CATERING

### Carolyn Lowe | CML Conscious Events

Carolyn's passion for food came from her Grandmother who owned her own restaurant and would share her recipes, knowledge and passion!

Growing up food has always been a staple of community, connection, and health, and being able to bring together nourishing, elevated and delicious meals creates spaces for people to come together.

Event management and catering is one of our specialties, so over the weekend, you will see me busy in the kitchen creating delicious wholesome goodness, to sustain and nourish you all weekend.



# SHADOW SOVEREIGNTY RETREAT

12th - 14th April 2024  
Waihoanga Retreat  
Otaki



## HOST

### Adam Robertson | Facilitator & Host

Adam Robertson is a Neurosomatic Therapist with over 10 years experience. Trained in multiple modalities that allow the bridging between science and spirituality - Breathwork, Havening Techniques, Cacao, Reflexology, Reiki & More.. Adam works in supporting clients with creating safety through their internal systems, working alongside the nervous system, to step into bravery in our external reality. Resolving conflict through communication and somatic solutions to heal trauma through brain and body connection.

Adam is an advocate and educator on creating inclusive spaces, ensuring that people from all walks of life can feel present and accepted within communities and society.



# What to expect

Opening Cacao Ceremony  
Daily Yoga & Mindfulness Practices  
Breathwork  
Forgiveness & Grief Session  
Relationships & Intimacy to Shadow  
Indigenous Perspectives to Shadow & Self  
Sound Bath & Lavender Elixir  
Shadow Dance/Play  
Integrating Shadows  
Havening Techniques for Self Acceptance

®

# Investment

\$1400 full payment  
\$90.00 each week over a payment plan.  
(14 weeks) after  
\$150 non-refundable deposit.





# Date & Location

April 12th - Arrival time 6pm

April 14th - Departure time 2pm

Waihoanga Retreat Lodge, Otaki, Wellington