



Puanga

Your Puanga 3-day experience is
curated to provide miracles of
connection, growth, & celebration

12 - 14
JULY
2024



Scan me



**Mānawa maiea te putanga o Matariki
Mānawa maiea te ariki o te rangi
Mānawa maiea te Mātahi o te Tau.**

Whano, whano

Haramai te toki ata huakirangi

Haumi e

Hui e

Tāiki e!

Celebrate the rising of Matariki

Celebrate the lord of the skies

Celebrate the new year

Unite, unite

And bring forth the dawn

Together

In union

We are one!

Matariki is the main star in the cluster.

It is connected to wellbeing and
welcomes in the New Year.

**Rachel
Petero**



Puanga

Puanga Kai Rau means the abundant harvest of Puanga. Whether you are looking at the rising of Matariki or Puanga in our early morning sky, or even the setting of Rehua, the period of Matariki is about all of us – the people of Aotearoa New Zealand. As Waahine Māori and Indigenous women, as leaders, entrepreneurs, CEO's, mothers, sisters, aunties, activators, and bearers of life itself, we understand how important it is to take care of your hauora and wellbeing in order to prepare for the Māori new year ahead.

Join our Rise Team + special guests for a time of reflection, rejuvenation, and preparation at the 3-day Puanga retreat.

Embrace the wairua and energy as we gather together to celebrate Puanga and Matariki, and acknowledge the significance of spaces for Indigenous women to learn and develop.

- 3 days / 2 nights all inclusive at VIP Glamping Village at Castaways in Waiuku
- Share twin VIP glamping accommodation
- 2.5 day waananga with Rise Facilitators / Coaches & Special Guests
- All kai / meals and dietary requirements will be taken care of
- All training material and waananga resources
- Create your Personalised Puanga FlowMap™ aligning your vision, dreams and seasons to the year ahead of Maramataka or Māori Lunar Calendar.
- Deep dive into your Personalised Pūngao FlowState™ to reset the 3 essential Freedoms to reignite your truth and abundance - Time freedom, Money freedom, Wellbeing freedom

Secure your spot today!
- limited spaces available!

Investment
\$1,750
(includes GST)

Puanga

3 Day Programme



Day 1 | Friday, 12 July 2024

Whakatau / Whakaritenga / Whakawaatea - Welcome / Prepare / Clear

Time	Activity
9.00am - 11.00am	Manuwhiri arrive
11:30am - 12.00pm	Whakatau - Welcome
12.00pm - 1.00pm	Kai me te Koorero - Lunch & Conversation
1.00pm - 3.00pm	Whanaungatanga me te Whakaritenga - Connection and Preparation
3.00pm - 3.30pm	Whakawaatea - Clearing process
3:30pm - 4.00pm	Kai me te Koorero - Afternoon Tea
4.00pm - 5.00pm	Reflections / Commitments / Karakia
6.30pm - 8.30pm	Kai me te Koorero - Dinner guest speaker

Day 2 | Saturday, 13 July 2024

Ka Poo, Ka Ao, Ka Awatea - From within the darkness comes light and a new day. Full day waananga of facilitated koha / gifts, tools and resources with the outcome of creating your **Personalised Puanga FlowMap™** for the year ahead. **Puanga FlowMap™** aligns to ngaa whetu or the stars of Matariki and sets you up for the seasons of Marmataka or Maaori Lunar Calendar.

Time	Activity
6.00am - 7.00am	Karakia / Hikoi ki Hinemoana - Walk to the beach
7.00am - 7.30am	Showers
7.30am - 8.15am	Breakfast
8.30am - 10.30am	Waananga Tuatahi - Session 1: Ka Poo (includes meditation)
10.30am - 11.00am	Morning Tea
11.00am - 1.00pm	Waananga Tuarua - Session 2: Ka Ao (includes rongooa)
1.00pm - 2.00pm	Lunch
2.00pm - 4.00pm	Waananga Tuatoru - Session 3: Ka Awatea (includes movement + Puanga FlowMap™ presentations)
4.00pm - 5.00pm	Feedback / Commitments / Karakia
6.30pm - 8.30pm	Matariki Celebration Dinner - Evening Entertainment

Day 3 | Sunday, 14 July 2024

Ako atu, Ako mai - A final morning to review, reciprocate and reset with your Tapu Toru roopu or Triage of 3. Working collaboratively in your Tapu Toru roopu, a deeper connection is made as participants dive deeper into **Pūngao FlowState™** or your **Energy FlowState™** to reset 3 essential freedoms of Time, Money and Wellbeing

Time	Activity
6.00am - 6.30am	Karakia / Hikoi ki Te Tai Ao - Nature Walk
6.30am - 7.30am	Showers + pack bags
7.30am - 8.15am	Breakfast
8.30am - 10.30am	Waananga Tuatahi - Session 1: Mahi Tahī - Triage Mahi (includes intention setting)
10.30am - 11.00am	Morning Tea
11.00am - 12.30pm	Waananga Tuarua - Session 2: Poroaki (includes Pūngao FlowState™ presentations)
12.30pm - 1.00pm	Feedback / Commitments / Karakia



Conference

under canvas



Glam
Camping
★★★★★
Village
at Castaways



Experience your next conference, corporate retreat or event in a unique, luxury Glam Camping facility located just 60km from Auckland CBD. Set in a secluded cliff top location above Castaways Resort, the Glam Camping Village is the perfect blend of camping in the rustic kiwi outdoors with hotel standard conference and room facilities.



Our Village venue is purpose built for year round usage and encourages team building, fosters unique encounters, and delivers unforgettable work or personal experiences.

The Village is complete with a fire pit, outdoor bar, social and extensive lounging area, large conference room and boasts the capacity to sleep up to 48 guests twin-share, in relaxing two bedroom tents. Facilities also include an onsite host/cook to accommodate your event with all food provided, tantalising wood fire pizza oven where you can be actively involved, expansive outdoor kitchen with spit roast and more, a large dining area that sneaks hidden views towards the crashing waves and setting sun, and many other hidden gems across **The Village**.



The Village Conference Room

Layout	Capacity
Theatre	70
Classroom	48
Banquet	48
U-shape	48
Boardroom	48
Cabaret	48



Situated at the heart of the village this conference room is perfect for groups of 15 to 48 delegates with a number of set up options available.

This 15m² x 9m² conference room marquee is adaptable all year round; dropping the walls for a refreshing indoor outdoor flow in summer and cosying up with heating for winter.

Day Delegate Packages*

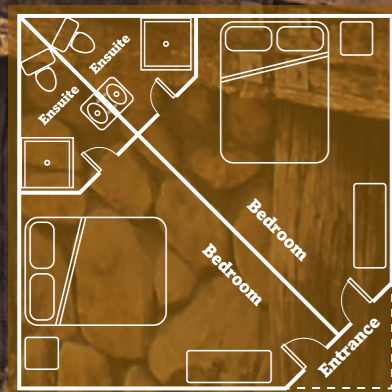
*Both options include exclusive venue / conference room hire.

Half Day From \$83pp
Includes tea, coffee, juice and beverages from our drink fridges. Available for Morning or Afternoon meetings, with the option of either morning or afternoon tea.

Full Day From \$150pp
Includes tea, coffee, juice and beverages from our drink fridges. Lunch, morning tea and afternoon tea are also included.

Included in The Village conference room hire

- ★ Whiteboard and flip chart
- ★ 55" screen with HDMI cord
- ★ Pads and pens
- ★ Open fridge with several beverage choices
- ★ WIFI



Village tent plan



Tents/Accommodation

The Glam Camping Village has comfortable purpose built tents with 24 bedrooms and hotel standard facilities. Each bedroom has a super king bed or two king singles and all rooms have a private ensuite at the wing of the tent, catering to all home comforts. The village has a capacity of 24 (own room) or 48 (twin share). These unique tents are designed for all weather and all year round use.

We can also accommodate groups larger than 48 delegates with overflow guest sleeping just a short drive away at Castaways Resorts accommodation.



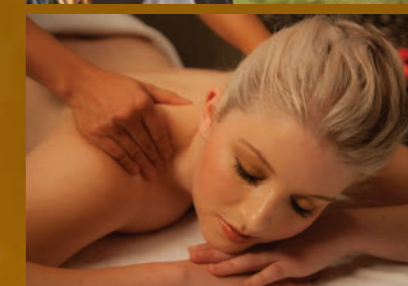
Adventures and activities

We also have range of adventures and team building activities available at Castaways, perfect to take a break and get the adrenalin pumping. These include:

- ★ Archery
- ★ Clay Target Shooting
- ★ Combat Arrow Tag
- ★ Frisbee Golf



Or indulge with one of the many relaxing and tranquil day spa treatments at **Bersantai Day Spa**, also situated on the breath-taking Castaways cliff tops.



Contact us

For more information please contact Glam Camping's Village Co-ordinator

Ph + (64) 210 295 6018 E venue@glamcamping.co.nz

www.glamcamping.co.nz

Glam Camping
★★★★★
Village
at Castaways

Menu

Breakfast

Selection of three cereals accompanied by yoghurt & seasonal fruits.

Full cooked breakfast – bacon, eggs, hash browns, tomato, mushrooms and toasted ciabatta.

Morning tea/Afternoon tea

Chefs choice of both a sweet and a savoury.

*For an extra \$8pp substitute in a Glam Camping juice bar – fresh fruit/vegetable juice made right in front of you.

The following three juice choices provided

Beetroot Bliss/Tropical Zest/Green Goodness

Lunch

Choose From

Wood fire pizza with a selection of two cheeses, prawns, capers, salami, bacon, chicken, rocket, cranberry sauce, mushrooms, pineapple and more.

A selection of sushi accompanied by hot dumplings and asian salad.

Gourmet self-constructed baguettes with a selection of meats, sauces and fresh fillings.

Pre-Dinner

Choose From

Cheese board - selection of cheeses, crackers, dips, deli meats, fruit and nuts.

Wood fire bread, oil, dukkha.

Complimentary tea, coffee, hot chocolate, biscuits, juice and water are available 24/7



Manaaki Tangata

Our Rise team are ready to support you, nourish you, and share our taonga with you. Bring your whole self to Puanga and let's waananga, rest and reset for the Maori new year.



We're on a mission to help indigenous women rise

RISE

For more information contact:

freephone: 0800 006 078

book: riseglobal.co.nz/collections/events

website: www.riseglobal.co.nz/