

NZAAAD RETREAT Making Medicine

November 19-22, 2026 | Mangarara Eco Lodge, Hawkes Bay

Thursday November 19
Arrival & Preparation

Friday November 20
Open Mind

Saturday November 21
Open Heart

Sunday November 22
Open Will

07:00
Breakfast

08:45
Eurythmy with Elisabeth
09:45
Meeting our surroundings at Mangarara
Opening Karakia
Gathering In

10:30
Morning Tea
11:00
Introductory Talk- Richard - Vision
Practical Workshop with Nic
- Mineral pulverising
- Trituration
- Cuprum aceticum (25hr)

13:00
Lunch

14:00
Bush excursion; Observation Work with René

16:30
Break
17:00
Artabana Initiative
18:00
Dinner

14:00 onwards
Arrival & settling in

19:00
Dinner at Patangata Tavern(cost is extra)

19:15
Esoteric talk by Donald
20:15
Sunset rhythmical process (19:15 to 20:15)
Meditation led by Helen

05:45
Sunrise rhythmical process with Richard
Meditation led by Helen

07:00
Breakfast
08:00
Eurythmy with Elisabeth
08:45
Echo

09:00
Practical Workshop with Nic
Liquid Potentisation

10:30
Morning Tea
11:00
Talk & Discussion led by Richard & Nic
Dose Forms & Potencies

Practice Time for Liquid, Solid potentising

13:00
Lunch

14:00
Bush excursion; Observation Work with Helen

16:30
Break
17:00
NZAAAD AGM - see separate Agenda
18:00
Dinner

19:15
Sunset rhythmical process
Meditation led by Helen

20:15
Sunset process is complete

05:45
Sunrise rhythmical process
Meditation led by Helen

07:00
Breakfast
08:00
Eurythmy with Elisabeth
08:45
Echo

09:00
New medicines: Use in practice at Sophia
Healing Centre
Practical: Ointment making with Nic

11:00
Morning Tea
11:30
Action - The future in NZ
Local medicines | Pharma | Research |
Reflection & Planning

12:45
Closing Karakia - Gifting Back

13:00
Farewell