



**NVC South East Asia & Oceania (SEA&O)  
Regional Gathering  
7<sup>th</sup>-10<sup>th</sup> March 2014  
at  
Bella Rakha Retreat Centre, Oratia, Auckland, NZ**

**INFORMATION PACK**

Dear NVC family,  
Kia ora koutou katoa

We are excited to invite you on a journey into connective community at Bella Rakha Retreat Centre, Auckland in March! We trust that everything you need to know will be in this pack, which contains details of travel, costs and general information about the Regional Gathering and Bella Rakha Retreat Centre.

Hopefully, most things will have been covered – we will endeavor to answer any further questions you have.

This event will be a co-creative blended expression of the unique energies of each one of us attending. Please bring your open mind and open heart to a weekend of discovery, connection and playfulness!

With gratitude for your attendance, & with excitement as we imagine the richness of this time with all of you.

Phil Toms, Ruby Oakley and Meagan Rutherford  
- The Organisers

## **Bella Rakha Retreat Centre:**

581 West Coast Rd, Oratia, Waitakere, AUCKLAND

Bella Rakha ([www.retreatcentres.co.nz](http://www.retreatcentres.co.nz)) is set in 32 acres of beautiful grounds and native bush. The property is secluded and private, a true escape from the bustle of the city, but only 25mins from Central Auckland. It provides a quiet setting that is ideal for silent meditation and spiritual retreats, with lots of open and private spaces to walk around and be surrounded by the beauty of nature.

### **Getting there:**

#### **By road:**

- Once you have reached the round-about at Parrs Park and West Coast Rd, head west towards Oratia and Waitakere Ranges/Piha
- Bottom of second hill, past Mobil Station and Oratia District School
- We are opposite Dairy & Orchard – driveway on right
- 581 on round sign post, just before driveway
- The driveway is a long winding road, 800m to the main buildings
- When arriving for the retreat, veer left at the fork and park on the concrete areas around the island next to the main buildings
- The hall will be on your left, with the kitchen and dining hall straight ahead

#### **By Public Transport**

- Train stations – Glen Eden and Sunnyvale both about 5 minutes by car

Refer to [www.maxx.co.nz](http://www.maxx.co.nz) for more specific travel details

### **Accommodation:**

Mostly twin share rooms with single beds

1 room with 3 single beds

3 single rooms

**Bedding:** A pillow, pillowcase and sheets are provided for each person in the 55 beds available in our bunk rooms. Bring your own duvets/blankets or they can be hired at extra cost. Bring a towel.

## **Cost:**

**3 Day Cost:** 7<sup>th</sup> to 10<sup>th</sup> March 2014 – *all inclusive of 3 nights accommodation/daily use of facilities, shared lunches & dinners, breaks & 3 days programme of activities & workshops.*

### Full price

Non Residential	NZ \$135
Twin Share rooms. Shared Occupancy	NZ \$195
Single rooms (depends on availability)	NZ \$225

NB. Camping is not available unless total numbers exceed 50 persons

A non-refundable deposit of \$50 is requested to confirm your place with full payment by February 15<sup>th</sup> 2014.

Please pay to Kiwibank Account in name of P S Toms: 38-9010-0522751-00 including your name as reference

## **Food:**

**Karma Yoga:** On arrival, you will be asked for your willingness to join a lunch, dinner & break preparation & cleanup team. These teams will be responsible for preparing food and cleaning up after meals. There will also be a roster drawn up to support our clean-up of the venue before we leave on Monday.

**Breakfast:** Bring your favourite breakfast food ready to prepare on an individual basis.

**Lunch/dinner:** All lunches and dinners will be co-created on a pot-luck basis. Please bring ingredients or pre-prepared dishes ready to share with others. If you have special dietary requirements you will need to make provision for yourself for these.

**Morning & Afternoon tea (incl. snacks):** Morning & afternoon teas (incl snacks) will be provided. Bring extra snacks for yourself if required.

## **Phone/internet:**

There is wireless network available in the main facilities available for use by participants at no extra charge. A password will be provided for use of your own computer.

There is no phone available for the group to use, however adequate mobile phone coverage exists on-site.

## **The Programme:**

We want to give you a taste of how we see the weekend unfolding. At the Gathering, there are no paid trainers or facilitators. During our 3 days in community together, we will be working as peers, whereby it is we who get to choose what we want and to co-create this for ourselves. We therefore have a basic structure with nothing fixed as we wish the tone of the gathering to be fluid and organic i.e. we will make allowances and changes as circumstances and needs arise.

**Arrival Friday 4pm:** From 4pm - will be arrival, checking in and settling in to your accommodation. The Gathering organisers will relish the opportunity during that day to connect & finalise anything that requires finalising, so we ask for your willingness to arrive from 4pm onwards.

6pm (ish) - shared dinner – a chance to mingle and eat.

8pm (ish) – opening circle – welcome to the NVC Community Gathering.

**The Weekend:** Each morning, an all-participant gathering will set the daily programme based on a co-creation of offerings and requests. Anyone will be able to offer workshops throughout the week on areas they are particularly interested or skilled in. It is our intention to model Open Space facilitation (OST – see link below) of the programme setting for the first day or so of the Gathering, and for the remainder of the weekend to offer opportunities for participants to experience facilitating that process.

In Open Space, discussions groups/workshops are held in designated areas or separate rooms known as 'breakout spaces' and participants are free to move amongst the discussion groups using 'the law of 2 feet' - a foot of passion and a foot of responsibility – which expresses the core idea of taking responsibility for what you love. In practical terms, the law says that if you're neither contributing nor getting value where you are, use your two feet (or available form of mobility) and go somewhere where you can. It is also a reminder to stand up for your passion. From the law, flow four principles:

- 🌀 Whoever comes are the right people
- 🌀 Whatever happens is the only thing that could have
- 🌀 Whenever it starts is the right time
- 🌀 When it's over, it's over

The organising theme of an Open Space meeting is that people who care about the subject will come together. We found in our previous NZ Gatherings, that Open Space harmonises beautifully with NVC, in that the model itself encourages people to be present to and connected with their own needs.

So, we encourage you to reflect before the gathering on your NVC practice, and come with some clear ideas of the current gifts and talents you could contribute and suggestions about what you would like to learn more about or explore with others (see below for some ideas)

There will be a wide range of NVC experience amongst participants, from people who have completed their foundation training only a few months ago, to certified trainers with a number of years experience teaching.

**Offerings may include:** *Intimate relationships; deep empathy; parenting; global peace; the gift of anger; integrating NVC into everyday life; connecting in community; dance floors, embracing your inner jackal; relationships of unequal power; playful self discovery; facilitating in an experiential, playful and heart-felt way; interactive, playful and theatrical applications of NVC; working with the living energy of needs; sharing ideas, exercises and resources.....add your own areas of interest.*

For Open Space Technology, please follow the link below if you would like to read more about it: [www.en.wikipedia.org/wiki/Open\\_Space\\_Technology](http://www.en.wikipedia.org/wiki/Open_Space_Technology)

**Departure:** The closing circle will take place before a slightly later lunch, after which time people can leave at their leisure. Our group is booked until 4pm, so we need to be totally vacated by that time. Well..... our rooms will be totally vacated – we however, will be full to the brim with a weekend of wonderful loving connections, insights and inspirations!

Warmly

Phil, Ruby and Meagan

For further info or any other needs you may have, please contact:

Meagan Rutherford

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To register online go to:

<https://docs.google.com/forms/d/10H2H3ejOvhJnpS4c4RF1tgGFFzzFsP36y8JomdOd83Q/viewform>