Creating Space – a me spot retreat

Retreat Package Menu

The Creating Space Retreat is exactly that: time and space set aside just for you, to pause, breathe and come back to yourself. It is a fully held experience: your own private accommodation at Ashton House, a beautifully restored heritage building on Napier's Marine Parade, all meals prepared by Hapi Organic, and as much or as little structured support as you need.

Every stay begins with the same nourishing base. From there, you build your own retreat, choosing the sessions and treatments that suit what you need right now, whether that's deep rest, gentle movement, clarity or a complete reset.

How it works

1. **Choose your stay.** Come on your own with a Solo Stay, or share the experience with someone special in a Twin Share.
2. **Choose your length.** 3, 5 or 7 nights.
3. **Build your own.** Add the sessions you want, such as extra yoga, Reiki, coaching or breathwork, and any spa treatments.

Every stay includes

- **Private accommodation** at Ashton House, steps from the sea
- **All meals** prepared by Hapi Organic, plus healthy snacks such as fresh fruit and bliss balls
- **A welcome session** to settle in and shape your stay around your intentions
- **One yoga session**
- **Personal planning** of your retreat before you arrive, so everything is ready and you can simply exhale

Solo Stay

This is time that is entirely yours. Wake to the sound of the sea, eat beautifully without lifting a finger, and fill your days with exactly what you need, whether that's a session every day or nothing at all but a book and a walk along the Parade. A Solo Stay is ideal if you're craving space to rest, reflect and reconnect with yourself.

Length of stay	Price
3 nights	$1,865
5 nights	$2,940
7 nights	$3,910

Twin Share

Some experiences are even better shared. Bring your bestie, your mum, your daughter or your sister, and give yourselves the gift of unhurried time together. Practise yoga side by side, share long, nourishing meals and talk late into the evening, while still having all the space you need to rest and recharge on your own terms.

Length of stay	Total for two	Per person
3 nights	$2,720	$1,360
5 nights	$4,270	$2,135
7 nights	$5,710	$2,855

Build your own retreat

Add as many sessions as you like to your base stay. Each is a flat rate per session. There is a 10% discount for 2 or more of the same session booked.

Session	Price per session
Yoga (solo)	$130
Yoga (twin share, for two)	$180
Reiki – 60mins	$130
Reiki – 90 mins	$170
Chakra Balance and Reiki combo - 90 mins	$170
Reiki and relaxation chi foot massage - 90 mins	$170
Wellbeing coaching	$130
Transformational Breathwork – 90mins	$130

Spa treatments

Massage and facial treatments are available from Corbin Road Mobile Spa, who come to you at Ashton House. Please see the separate spa menu for treatments and pricing.

Ready to book?

Get in touch to check dates and start planning your retreat. I'd love to help you create the stay you need.

Sarah Nash | sarah@themespot.me | +64 21 400 458

All prices are in New Zealand dollars.