

NZAAAD RETREAT Making Medicine

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

DAY 0 - November 19
Arrival & Preparation

17:00 - TBC
Arrival & settling in

19:00
Dinner

DAY 1 - November 20
Opening & Vision

07:00
Breakfast

08:45
Eurythmy

Meeting our surroundings -
Opening Karakia
Gathering In

10:30
Morning Tea

11:00
Introductory Talk - Vision
Practical Workshop:
- Mineral pulverising
- Liquid potentising
- Cuprum aceticum (25hr)

13:00
Lunch

14:00
Workshop:
5 step plant observation
How do we identify a remedy

16:30
Break

17:00
Artebana Initiative

18:00
Dinner

19:15
Sunset rhythmical process
Esoteric talk

20:15
Sunset process complete
Meditation

DAY 2 - November 21
Deep Dives

05:45
Sunrise rhythmical process
Meditation

07:00
Breakfast

08:00
Eurythmy

08:45
Echo

09:00
Practical Workshop
Trituration

10:30
Morning Tea

11:00
Talk & Discussion
Dose Forms & Potencies
Practical - Make an ointment

13:00
Lunch

14:00
Bush excursion & observation - continuation
on the theme from Friday.

16:30
Break

17:00
AGM

18:00
Dinner

19:15
Sunset rhythmical process
Meditation

20:15
Sunset process complete

DAY 3 - November 22
Action & Closing

05:45
Sunrise rhythmical process
Meditation

07:00
Breakfast

08:00
Eurythmy

08:45
Echo

09:00
Clinical situations &
prescribing - contributions

10:30
Morning Tea

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

12:30
Closing Karakia - Gifting Back

13:00
Farewell