



Global Wellness Day NZ 2023

Free Community Events Calendar – P1



Date	Time	Event Details	Duration	Organisation	Address	Booking Contact	Online Event Link
Thursday 6 th June	11:00am	A 60-minute Community Rise & Shine Ecstatic Dance Session with Magenta Costumes	1 hour	https://aro-ha.com/	Aro Ha Wellness Retreat - 33 Station Valley Rd, Wyuna Rise, Glenorchy 9372	To register – Email: locals@aro-ha.com	Follow: @archaretreats On Instagram or Facebook
Saturday 10 th June	6:45am– 7:45am	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘Rahman’s Fusion’	1 hour	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahurangi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	7:00am – 8:00pm	Complimentary #DanceMagenta (with music), Signature Sauna Infusions, Yoga Classes, Meditation Class	13 hours	https://www.maruihotsprings.nz	1513 State Highway 7, Lewis Pass 7847 Maruia Springs, South Island, New Zealand	Registration by email essential: info@maruihotsprings.co.nz	N/A – Live events
Saturday 10 th June	8:00am	Complimentary ‘Dance Magenta’ Class	1 hour	https://www.cordishotels.com/en/auckland/fitness-wellness/chuan-spa/	Level 3, Cordis, 83 Symonds Street, Auckland	To register – Email: cdakl.info@chuanspa.com P: 09 300 2960	N/A – Live Event
Saturday 10 th June	8:00am – 4:00pm	Gym Open Day (no bookings needed)	8 hours	https://www.waihekeworkout.co.nz	Waiheke Workout Gym - 116 Ostend Road, Ostend, Waiheke Island	Enquiries: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	9:00 - 10:00am	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘Zumba Class’	1 hour	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahurangi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	9:30am	Free Community Dance Class	90-mins	https://resolutionretreats.co.nz	1002 Tirau Road, Lake Karapiro	Booking Online at: https://resolutionretreats.co.nz/our-retreats/upcoming-retreats/	N/A – Live Event



Global Wellness Day NZ 2023

Free Community Events Calendar – P2



Date	Time	Event Details	Duration	Organisation	Address	Booking Contact	Online Event Link
Saturday 10 th June	10:20am	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘David’s Hatha Yoga + Meditation Class’	75-mins	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	12:00 - 12:45pm	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘Marias ‘Power Class’	45-mins	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	13:00 – 13:45pm	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘Heidi’s Aerobics Class’	45-mins	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	14:00 – 15:00pm	Complimentary Fitness Classes w/ 70s & 80s Dance Magenta Theme – ‘Heidi & Michelle’s Partner Yoga Class’	1 hour	https://www.waihekeworkout.co.nz	Waiheke Workout Poto Studio, 23b Tahi Road, Waiheke Island	To register – Email: E: admin@waihekeworkout.co.nz P: (09) 372 2020	Live Event but event details can be found here: https://waihekeworkout.co.nz/gwd/
Saturday 10 th June	18:00pm	Complimentary Zumba Class	1 hour	https://www.cordishotels.com/en/auckland/fitness-wellness/chuan-spa/	Level 3, Cordis, 83 Symonds Street, Auckland	To register – Email: cdakl.info@chuanspa.com P: 09 300 2960	N/A – Live Event
Saturday 10 th June	All Day	Free Online Dance Routines & Games – Emphasizing the importance of keeping active.	24 hours	www.lifeeducation.org.nz	N/A - Online	For queries: hayley.sims@lifeeducation.org.nz	https://lifeeducation.org.nz/globalwellnessday

Spaces are limited for some events so please register attendance as needed
Keep an eye out for more FREE nationwide events or any changes at:



[globalwellnessdaynz](https://www.instagram.com/globalwellnessdaynz)



<https://www.facebook.com/globalwellnessdaynz>

Participating Organisations



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