




The Active Relaxation Bootcamp

Saturday 26 July | 9:30am – 4:00pm
Mary Potter Community Centre, Christchurch


✨ **One Day. Two International Teachers. Your Self-Care Day.**

This is not your average bootcamp — it's your once-a-year chance to reset and recharge. After Matariki, we begin a new cycle. If health, strength, and calm are your goals for the year ahead, this day is for you.

Meet Your Guides


 **Jingjing – Accredited Tai Chi Instructor (China/UK/NZ)** From the Zhuang minority in Southwest China, Jingjing brings decades of teaching and a unique blend of indigenous wisdom and modern bodywork. Her

sessions are gentle, rooted, and deeply healing.

 **Pru – 13x International Bodybuilding Winner & Personal Trainer**
 With 20 years of experience coaching everyone from elite athletes to seniors in their 80s, Pru helps you gain strength, mobility, and confidence — at any stage of life.

RetreSchedule

9:30am – Arrival & Intention Setting
10:00am – Tai Chi & Qi Gong with Jingjing
10:45am – Morning Tea (+ optional healing)
11:15am – Core Activation with Pru
12:00pm – Stretch & Self-Massage
12:30pm – Vegan Lunch & Wellness Q&A
1:30pm – Breathwork & Guided Deep Relaxation
2:00pm – Strength for Life with Pru
2:45pm – Afternoon Tea (+ optional healing)
3:15pm – Integration & Closing Circle
4:00pm – Karakia & Farewell

 **Mid-Winter Special: \$168 for TWO people**
 Includes all sessions, nourishing vegan lunch, teas, and treats.

 **To Book: Jingjing – 027 4348 586**
Pru-022 540 1003

 healinghut.nz@gmail.com

Limited spaces – register early!

Relaxation Guaranteed!

