

Maunga Iti – Wellness Services

Guided Meditation Experience - taming the wild elephant.

An untrained human mind is like a wild elephant, powerful and potentially destructive. If trained properly however, the power of the elephant can be harnessed and put to good use for our selves or for a greater purpose.



The primary goal of this meditation is to focus the mind. This is practiced by mentally observing one's immediate physical realm, the body, using a very structured method, from head to toe and back to the head. Typically, in this situation a person will recognise that they cannot focus for longer than a few seconds at a time, highlighting just how wild that elephant actually is.

Personally, the benefits of meditating daily have been profound. The two things that stand out the most are firstly being able to consciously heal and align my spine and secondly to reverse the onset of insomnia – all achieved through focusing my mind.

Disciplining one's mind can be a somewhat intimidating concept for some but in essence is the same as any training, be it physical exercise or learning to play an instrument.

I will guide your meditation experience either on our purpose built mediation platform, situated over a little waterfall amongst pristine native bush, or in your tent or our house. The platform option is weather dependent.

Value: for up to two people

Guided meditation by the waterfall	60min \$100.00
Guided meditation in your tent/our house	60min \$ 60.00

Further information:

Maunga Iti

399 Waoitoi Road

Ngunguru

Northland 0154

Phone: +64 (0)274 450 850

Mail: info@maungaiti.com