



Behind the Retreat.
A Glimpse Inside
Aro Hā

Aro Hā is a purpose built luxury wellness retreat nestled in the heart of the Southern Alps, located in Glenorchy, 40 minutes from Queenstown.

We created Aro Hā for those who are ready to rewire the way they live - by reconnecting to the rhythms of nature, their wellbeing & their purpose.

Our guests don't just come for a break. They come for a shift.





Our kaupapa – our purpose – is to *enhance wellbeing, nurturing an understanding of what it means to live a connected, balanced life.*



The daily program at Aro Ha is masterfully designed to hold you fully at every moment, removing the need to plan or decide - so your only focus can be on your own personal wellness journey. Each element is thoughtfully timed and sequenced, creating a flow that feels both purposeful and timeless.

This intentional rhythm allows you to surrender to the experience, knowing that every detail is taken care of, giving you the space and support to truly sit with yourself and the transformations unfolding within.

“Every element of the program is designed to *restore harmony* - from the strength built in movement to the stillness found in nature. This isn't an escape. *It's a return* to vitality, clarity, and connection.”

– Co-Founder, Damian Chaparro



“Our approach *get's at the source*, rather than chasing outside distractions”

The retreat has been designed and constructed by a team of New Zealand's leading wellness consultants to embody best practices for living in balance with nature while meeting modern needs – From the minimalist luxury accommodations, world class sauna and spa, permaculture gardens, to the curated retreat programmes. From mindfulness, healing bodywork to the nourishing meals, Aro Ha encourages guests to awaken

movement within, rewild themselves in nature and disconnect to reconnect; harnessing the art of living exceptionally well. Guests often report improved mood, sharper thinking, better sleep, lower blood pressure, prolonged weight-loss and improved direction in life. If one person can be inspired to change, then eventually the world can too — a philosophy Aro Ha embraces to carve the path for the future of wellbeing.

Beyond the view: What's inside the Aro Ha experience

There's a reason guests travel from all over the world to spend a week off-grid at Aro Ha, and it's not only for the world-class views and hospitality.

What happens here isn't surface-level relaxation - it's about full-spectrum reset for mind & body. Rooted in nature, backed by science, and refined through a decade of transformation stories, the Aro Ha program is intentionally designed to help you reconnect with your optimal health.

How days *unfold* at Aro Ha



Here's how a typical day at retreat looks, step-by-step:

- Wake to the call of a hand-held gong
- Sunrise flow yoga
- Energising plant-based breakfast
- Sub-alpine hike through forest and ridges
- Nutrient-dense lunch
- Rejuvenation: spa, sauna, or rest
- Therapeutic massage
- Functional strength training
- Nutrition demonstration
- Breathwork practice
- Mindfulness/meditation
- Seasonal dinner
- Evening journaling or spa time

We follow a proven template that is as dynamic as our sub alpine setting. You will be exposed to a mix of teachings, guides, practices, and nature adventures, all chosen for their complementary attributes. Participation is wholly optional.



SEASONAL RENEW

Beyond the daily rhythm: tailored care and *cutting-edge insight*

While your day at Aro Ha moves with purposeful flow, we also offer options to deepen your experience - supporting body, mind, and spirit at every level.

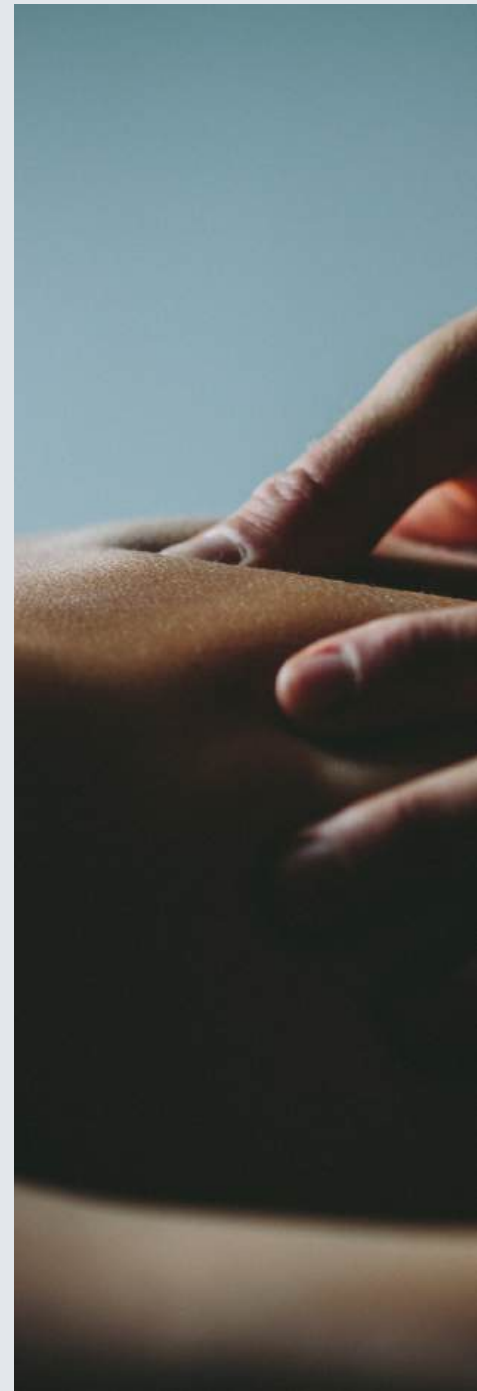
SPECIALTY THERAPIES

For those seeking focused healing, our curated team of expert practitioners are onsite, ready to assist with modalities like craniosacral therapy, neural linguistic programming, acupuncture, Reiki, and more. These treatments complement your journey, offering precise care without overwhelm.

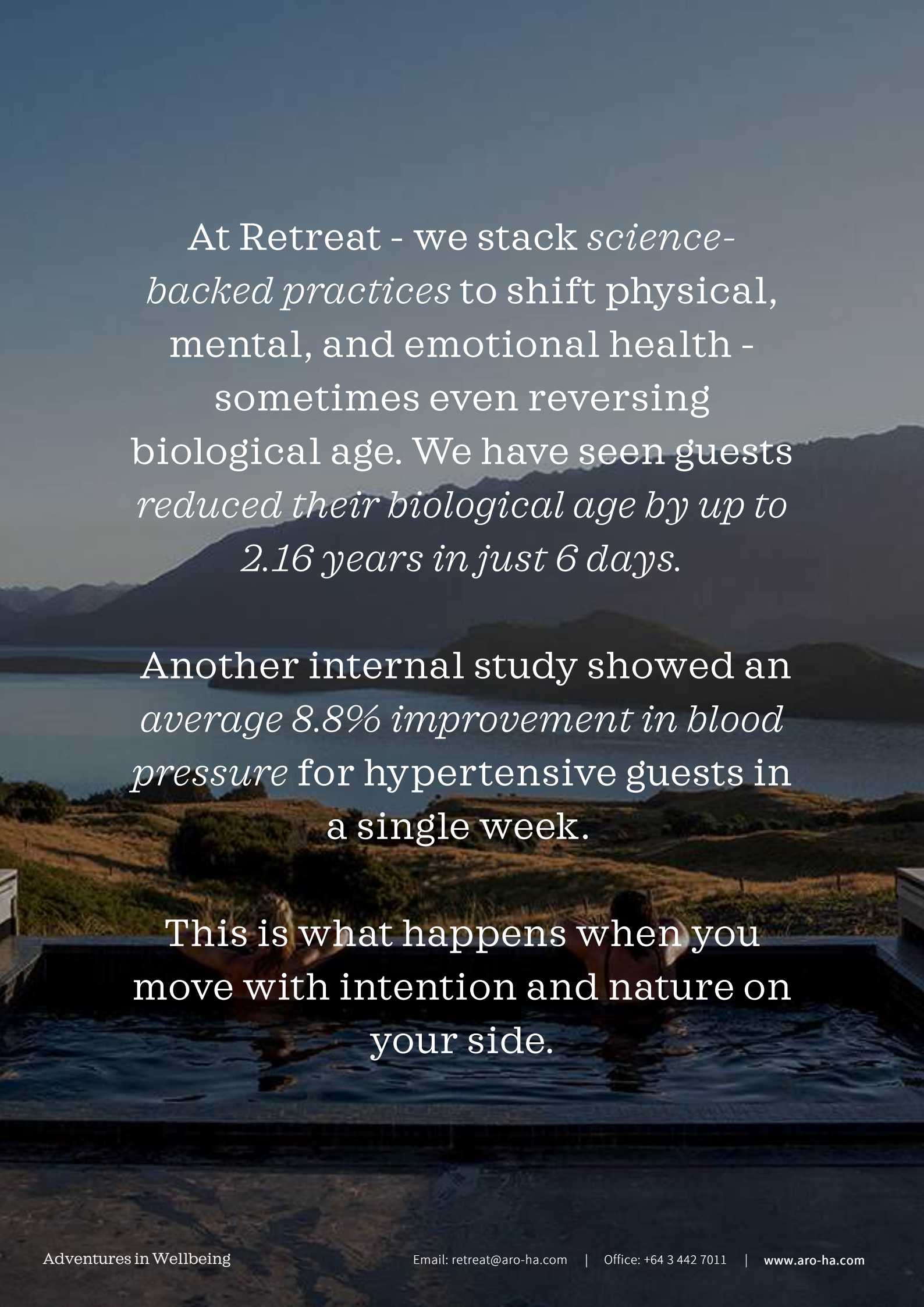
QUANTIFYING WELLBEING

Dive deeper with personalised data-driven insights. Through advanced wearables and biofeedback, we help you move beyond reacting to your health - toward predicting, preventing, and optimizing. Options include: myDNA reports, metabolic glucose and ketone snapshots, continuous glucose monitoring, and body composition analysis.

These tailored therapies and insights work in harmony with your daily program - ensuring every step of your retreat supports lasting transformation.



SEASONAL RENEW



At Retreat - we stack *science-backed practices* to shift physical, mental, and emotional health - sometimes even reversing biological age. We have seen guests *reduced their biological age by up to 2.16 years in just 6 days.*

Another internal study showed an *average 8.8% improvement in blood pressure* for hypertensive guests in a single week.

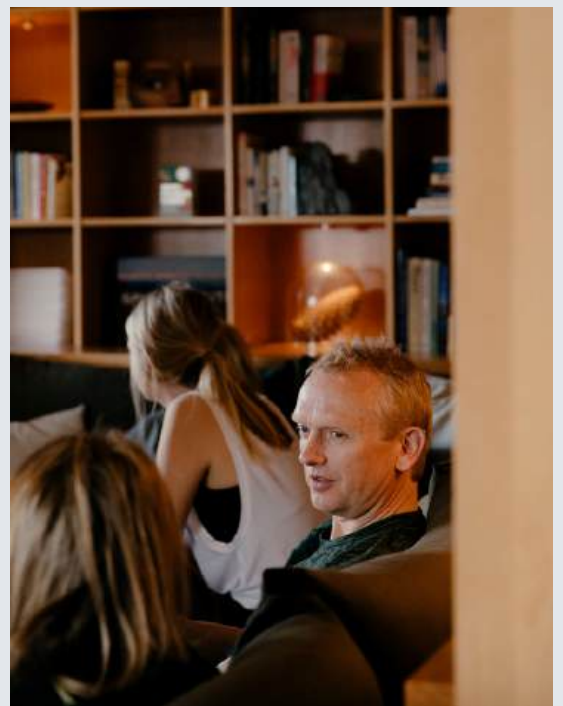
This is what happens when you move with intention and nature on your side.

The parts *we can't quantify*



Not everything that transforms you here can be measured. There's the quiet sense of inner peace that sneaks up on you mid-hike. The conversation with a stranger that lands like long-awaited advice. The shared laughter over herbal tea. The moment you feel - truly feel - like yourself again.

While the program is designed with precision, *much of what stays with you happens between the lines*. In the pauses. In the reconnection with nature, with others, and most importantly, with yourself.



SEASON 1
This is the part that can't be graphed, scanned, or tracked - but it's often the reason people return.

Who finds their way to Aro Ha

Aro Ha welcomes a diverse global community united by one thing: a desire to pause, reset, and return to what matters.

Our guests come from all walks of life - but they share a common intention to feel better, live clearer, and reconnect deeply. Whether you're running companies, raising families, navigating change, or simply craving stillness, Aro Ha creates the space for realignment.

We regularly host:

- Leaders and executives seeking clarity, perspective, and restoration
- Parents and caregivers carving out time for themselves
- Creatives and entrepreneurs reigniting focus and inspiration
- Those in transition - personally or professionally - ready to reset
- Wellness seekers curious to deepen their practice
- Leisure lovers who value beauty, nature, and high-touch simplicity

This is a place where performance meets presence, and ambition meets inner peace. No matter your path, you'll be met here - with care, without judgment, and with everything you need to return home to yourself.



“Absolutely the most impactful wellness experience of my life! It was fantastic. I feel refreshed and ready to step forward in my life.”

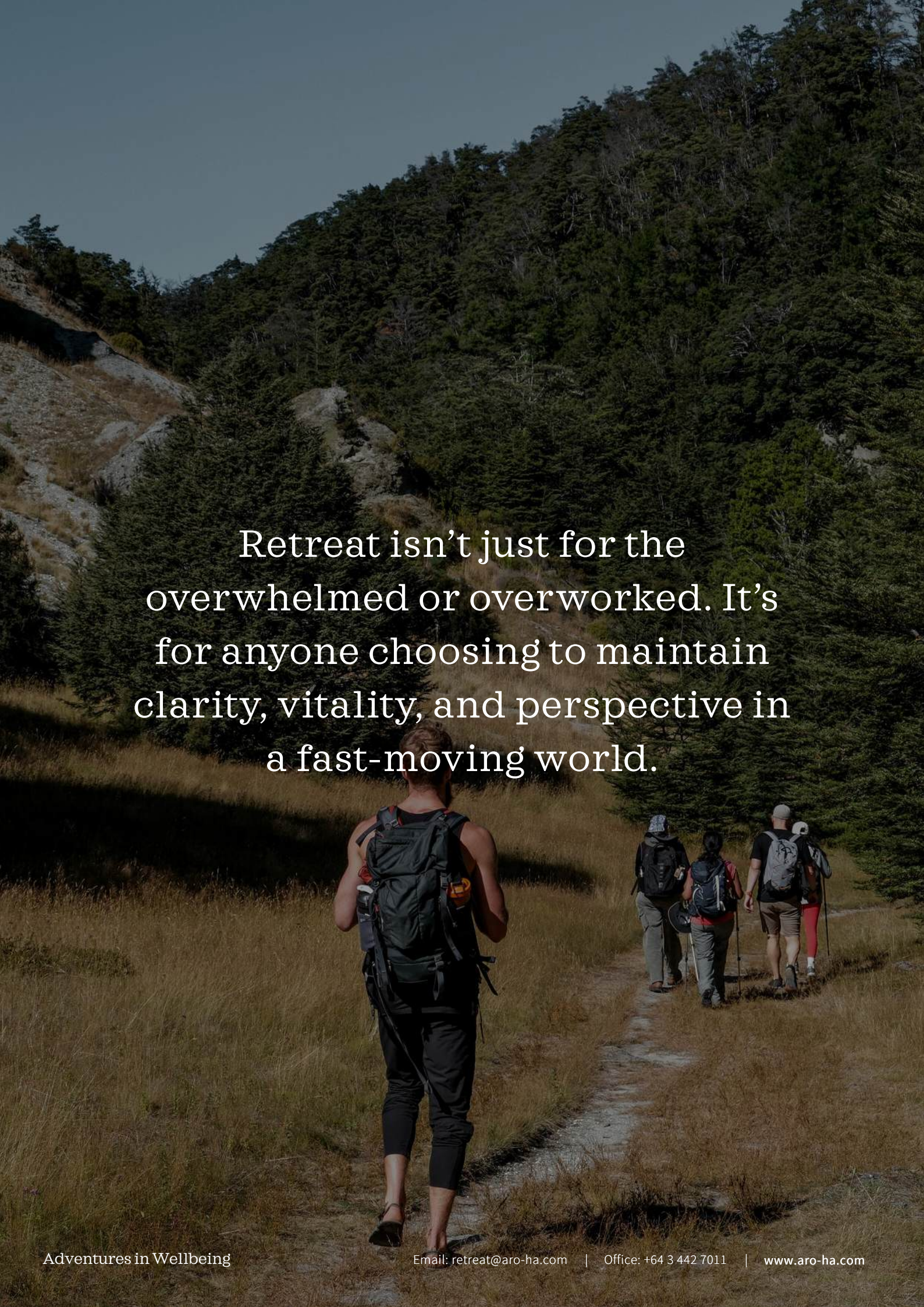


“The best wellness investment I've ever made. I am leaving feeling so much better in so many different ways. Life feels clearer.”



“Truly life changing, I didn't know what to expect of this week and am truly grateful to have had the opportunity to experience Aro Ha! Wow.”



A group of hikers is seen from behind, walking along a dirt path that winds through a dense forest. The hiker in the foreground is wearing a black tank top, black pants, and a large black backpack. Three other hikers are visible further ahead on the path. The forest is lush with green trees, and the ground is covered in dry, golden-brown grass. The sky is a clear, pale blue.

Retreat isn't just for the
overwhelmed or overworked. It's
for anyone choosing to maintain
clarity, vitality, and perspective in
a fast-moving world.



Ready to experience a world-renowned wellness retreat?

Reach out if you have any questions or
are ready to book your reset.

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