

MetaMorphosis Training - Information, Venues and Accommodation Options

Training Venues and parking options

All venues are either in town or very close - please see map for details

Old School Arts Centre - Stewart Street.

There is free parking all day on the premises as well as free parking in the street outside the venue.

Karioi Conference Centre, Sunset Motel, Bankart Street,

Some parking available on site and 2 hour parking only in Bankart Street.

Otherwise the car park beside the Fire Station is a good option.

Raglan House - Bow Street.

One hour parking only outside and 2 hours across the road. All day parking in James Street, Cliff Street and Stewart Street.

Food and Drink

Please bring your own drink bottles. Fruit, cheese and crackers will be provided for morning and afternoon tea. You're welcome to bring your own snacks and any special dietary requirements. You might also want to bring your own lunch or explore our local cafes, takeaways and restaurants which are located a short walk from the venues.

If you enjoy sitting on the floor please feel free to bring your own bean bag and/or blanket. Venues are locked and alarmed at night so everything should be quite safe.

Course Times

Please see the information you received upon registration for course start and finish times.

Getting in contact

I am available on mobile outside of course hours if you need to get in touch; 021-684-395

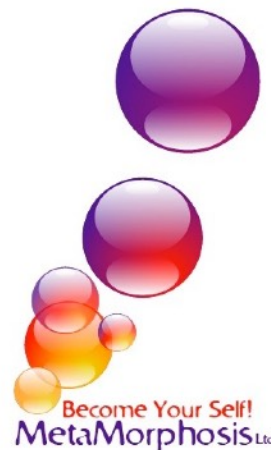
Facilities in Raglan

Raglan is an interesting mix of people from all over the world; artists, entrepreneurs, surfers, musicians and everything in between. The town reflects this eclectic mix.

There are swimming beaches and surfing beaches in Raglan. You can, paddle, surf, kite surf, kayak, hang glide, fish, walk, swim etc.

Remember to bring walking shoes, swimming gear and raincoats if you want to take advantage of the walks, beaches and ocean.

There is also a thriving artistic and creative community including a creative market at the Old School Arts centre on the 2nd Sunday of every month.



You can find more information about Raglan on these web sites: raglan.net.nz and Raglan23.co.nz. They will also give you an idea of the events that are on while you're here. You can see photos of Raglan on my website [here](#).

Eating

There are no fast food chains in Raglan. There are plenty of cafes, restaurants and take-aways that cater for all tastes and budgets. However, most of these are in Raglan township so please take this into consideration if you're thinking of staying in Whale Bay or Manu Bay.

There is a SuperValue supermarket in Bow Street and a Four Square in Bankart Street. Fruit and vegetables are priced well but cereals and packaged goods can be more expensive and you may want to bring any specialty items with you. There's also a butcher, a couple of bakeries, dairy, and organic food shops. etc.

Accommodation

There are many places to stay in Raglan and it should be relatively easy to find something that meets your requirements. If you're participating in a course over summer, early booking is recommended.

The accommodation below has been recommended by previous course participants or I've seen them personally.

Booking your accommodation

If you're travelling a long distance you may want to arrive on Sunday afternoon/evening so you can relax before the course starts or stay an extra night at the end to avoid a tiring journey home after a full days training. People coming from Auckland generally just leave very early on the morning the course starts and manage to arrive in good time.

If you would prefer to share accommodation, please contact me and I'll do my best to put you in contact with another participant who would like the same option. It is often worth talking to the accommodation owners and negotiating a good rate. Raglan is fairly quiet during winter so if you're attending a longer course, let them know you'll be there for several nights as they will often give you a discounted rate. And of course if you're completing a whole NLP Practitioner Training, let them know that you'll be returning! While I don't get paid a commission or retainer, I know a lot of the owners so do let them know you're attending a course with me.

Check out options in Raglan on [Airbnb](#) or [BookaBach](#)

1. Kent Homestay Apartment

Raglan central. One bedroom bach [More](#)

2. Raglan Kopua Holiday Park - 61 Marine Parade

The Holiday Park has a variety of accommodation from tent sites to cottages and executive suites. 5 mins walk to town across the footbridge. [More](#)

3. Raglan Waimarie - Opotoro Road.

2 bedroom apartment. Situated in a quiet street 10-15 mins in Raglan west. 10 -15 mins walk to town. [More](#)

4. Water House - 1 Goodare Street

2 bedroom house situated right on the waters edge in Raglan West. It's in a quiet street 10-15 mins walk to town. [More](#)

5. Te Whare Farm (Farmstay with B & B) 39 Main Road, Raglan

Various options 10-15 min walk to town. [More](#)

6. Whare Aroha. Right next to Sunset Motel and Four Square on Bankart Street. [More](#)

7. Raglan Backpackers. There is a [backpackers in town](#) but it is not recommended simply because it's right in town and has a tendency to be noisy at night. But if this your thing, speak to Suz.

The following accommodations are further out of town. Great if you prefer tranquility and isolation.

8. C'Barn About 5 kms out of town and with fantastic views over the Tasman sea. Wonderful if you're staying in a group or would like to bring the family to enjoy what Raglan has to offer. [More](#)

9. Waoku Lodge, 51, Whaanga Road, Whale Bay. 10 mins from town. If you want 5 star luxury these 2 bedroom luxury apartments are perfect. [More](#)

10. Solscape, Eco Retreat, Wainui Road, Manu Bay. About 8 min from town. A variety of accommodation options from TiPi's, to railway cabooses to Earth domes. [More](#)

11. Bridle Creek Retreat. 5 mins from town (on the Hamilton side) Self contained 2 bedroom apartment. [More](#)

Anything Else?

I think I've covered everything you might need to know. But please let me know if I've missed something or if you have further questions. I'm looking forward to meeting you soon.
with warm regards,



Stephanie Philp