

Sample blog article, 600-words more or less,
equivalent to a 1-hour-design-time first draft
Presented as sample material only,
TMAF Art & Design has no affiliation with Aro Ha Resort

Aro Ha Wilderness Resort, New Zealand A Healing Experience, Off the Grid

The trail, up the alpine way, is as rugged as the peaks of the Southern Alps. It's layered with packed dirt and pebbles, which make sturdy shoes a necessity. Near the waters of Lake Wakatipu, trees were more plentiful and, with them, native birds. Falcons and moreporks feast on the local fish... the same fish that brushed by our kayaks yesterday.

Today would be for hiking. Indeed, the view, from these heights, is as majestic as the blue water. As you climb higher, the trees subside to seemingly endless peaks and valleys. They're all covered in prairie grass, reeds and brush. It looks a bit like South Dakota, I think, if South Dakota's flatlands erupted with crags and summits. Lush grasses grow from the rocks and gravel, often at strange and ponderous angles.

Ahead is a small shack, overlooking the valley. Here, we will pause for tea and contemplate the moment. There are no car horns blaring, no hum of industry, no boisterous arguments, nor booming stereos, only the whisper of the wind, and the call of a falcon overhead.

It's a wilderness experience like no other – five days away from technology and the stress of everyday life. We're surrounded by snow-capped volcanic peaks, the steely-blue lake, and the soothing sights and sounds of the unspoiled wilderness. No, this isn't camp... not like any you've ever experienced in the foothills of suburbia. Aro Ha Resort lies on the banks of Lake Wakatipu, on New Zealand's rolling Southern Alps. It's devoted to an immersive nature experience and founded on traditional healing.

A five-day wellness program includes a banquet of experiences. You will enjoy a healthy mix of group and solo- activities – balancing restful solitude and pleasant communion – for wellbeing and mental clarity. Your stay is carefully crafted, to include unforgettable scenery and maximize personal healing.

The day starts with vinyasa yoga at sunrise. Participants will greet the new day as they learn the techniques. These transition various postures to rhythmic breathing. It's aerobic, energizing, a great way to start the day. Guests will hike the subalpine trails, to enjoy the stunning sights of nature, untouched by commerce and industry. They'll kayak the waters of Lake Wakatipu, contemplating the transformative power of the wilderness.

The experience includes stimulating lectures and classes from special guest speakers. These focus on your nutrition, wellbeing and connectedness to nature. Mindfulness practices are strategically woven into the days' activities, from cooking classes, to functional strength training.

Mediation lessons teach guests mindfulness techniques, to increase mental focus and reconnect the individual to body, environment, and neighbor.

Guests will renew themselves, with a balanced and nourishing vegetarian menu, and practice modern yoga techniques in the studios, before panoramic views of Lake Wakatipu. Your meals are carefully crafted with produce grown, sustainably, on site. Spa treatments include soothing therapeutic massages, a luxurious dip in the hot tub, a session in the infrared sauna, and calming hydrotherapy, with the sprawling Alps as your backdrop.

Choose from a selection of single and shared eco-suites, each inspired by minimalist Zen design. The suites emphasize the surrounding beauty of the mountain wilderness, while affording all the luxuries of a modern international resort. A 5-night stay at Aro Ha, featuring these life-changing benefits, can average \$5300 AU. Consider a couples retreat for cost savings and visit Aro-ha.com for more information. Far from the bustle of the urban jungle, and the stress of everyday life, you'll find a modern oasis of peace, and you might just find *yourself* in the process.