



KORO CENTRE

SPACES

LOOKBOOK

WELCOME MESSAGE



Welcome, I'm so pleased that you're considering joining the collective of inspired practitioners working from the spaces at Koru Centre. My aim is to support you as best I can, while creating an environment that both connects you to a gracious community and holds space for your individuality, autonomy and visibility.

My desire to open the centre came from knowing how lonely it can be as a sole practitioner. I love to connect to like minded, inspired people. What better way to make connections than to build a hub where we gather and grow stronger together?!

I'm committed to creating a welcoming non-judgemental environment where our clients are supported in a peaceful, appealing, safe and welcoming space.

Our location couldn't be better, on the 'golden mile' of Trafalgar Street in the centre of Nelson - with the restaurant district on the next block, and the stunning cathedral gardens down the street. The location makes for an ideal balance between being connected to the best of Nelson, while being an oasis in the heart of the centre.



Omana Eve

Teresa Moir-Cochrane (legal name)
Koru Centre Founder

When I'm not buzzing about keeping things running smoothly at Koru, I teach breathwork, practice naturopathy, RTT® hypnotherapy, Transformational Coaching and Facilitation. I've been immersed in holistic health for nearly 3 decades, and love that it offers endless growth, expansion and both personal and professional discovery.

When I take time off, which is not often enough (the trouble with loving what you do so much) I enjoy a good movie, a meal with a loved one, or a night out with the gals. I'm a fool for a good sauna or soak in a spa, turning up the tunes and dancing it out, deep in meditation, cuddling my fur babies, listening to the birds, or watching the clouds float by, dreaming up my next venture. Yes, I'm a dreamer, and I love bringing dreams into creation!





KORU CENTRE

KORU HUB SPACES 2024

Our treatment rooms went through a bit of a glow up in the winter of '24.

The space had been serving as boutique accommodation while we waited for the right time to come to transform them and allow them to step into their full potential.

Noise reduction measures have been installed throughout to support a high level of privacy & confidentiality.

Furnishings and decor have been upgraded to ensure the spaces are comfortable and visually appealing.



The rooms serve practitioners needing a part time professional space that speaks to the high level of care they hold for their clients.

Practitioner needs for ease and flexibility have been considered. You'll find the rooms set up in a way that suits for a variety of uses from table work to seated consultations.

Your comfort is truly important to us. You'll be kept toasty warm with a heat pump and secondary heater.

To create ease, you'll find a variety of amenities to meet your needs including massage tables, ample lighting options, high speed internet, on site storage for therapy tools ...

Full time unfurnished rooms come up from time to time. Rental terms are on a one year contract basis. Please inquire if interested.



KORU HUB HIRE ARRANGEMENTS

Weekday Mon-Fri

Half day per week:

Morning from 8:30am - 12:30pm or
Afternoon from 1:00pm - 5:00pm

Full day per week:

Beginning as early as you're prepared to arrive.
Finishing by 5:00pm unless other arrangements
have been made to extend on an hourly rate.

You'll commit to one or more half or full days per
week. Eg. every Tue full day or Wed morning.

Half day rate:

\$35 +gst (\$40.25) weekly

Full day rate:

\$63 +gst (\$72.45) weekly

Term

Initial 3 month term, rolling
over to month by month with
a 4 week notice period.

Evening Mon-Fri

Hourly hire of a single room is available by
extending full day or afternoon hire after 5:00pm.

Those on a contracted term can hire evening times
from 5:30pm on days other than their normal day.

Casual hire (day or eve) is available only to those
with an established relationship with Koru Centre.

Hub Hire - Circles, networking, group coaching...

Hire of the waiting room and kitchen for exclusive
use in the evening is available. A treatment room
can be added additionally.

Hourly rate on contract:

\$15 +gst (\$17.25) per hour

Hourly rate w/o contract:

\$20 +gst (\$23.00) hourly

Term

Block of 5 hourly hires

Hub hire hourly rate:

\$35 +gst (\$40.25) kitchen + 1 rm

\$55 +gst (\$63.25) kitchen + 2 rms

Weekend Hub Hire

Hire of the full front unit including waiting room,
kitchen, both treatment rooms and toilet is
available for workshops, retreats, and other group
gatherings. You'll have exclusive use, allowing you
to hold safely contained space for your group.

Half day rate:

\$120 +gst (\$138)

Full day rate:

\$200 +gst (\$230)





KORU CENTRE

KORU HUB SPACES 2024

Newly added to the ample amenities at Koru, you'll find a separate waiting area for clients to the one provided for the studios. The space is privately tucked away near the treatment rooms without encroaching on the peace and tranquility of the rooms. Your clients will sit in peace and quiet while they wait.



Your need to take a bit of time out during your day will be supported in our fab little kitchen that is reserved just for practitioners. You'll find a fridge, microwave, induction cook top jug, and coffee machine to keep you nourished and energised while you are providing care.



These spaces double as a function venue in the evenings and weekend. They make for fabulous spaces for gathering to a bit of networking or during breakouts from workshops...

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KORU CENTRE

KORU STUDIO

Koru studio is our 65 square meter studio space providing a top quality tranquil studio for your classes, workshops, retreats and events. We can fit up to 20 for yoga.

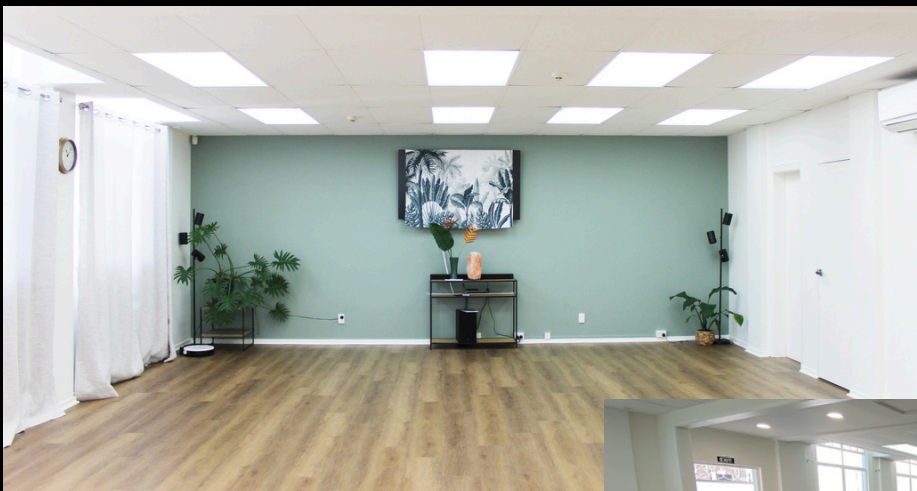
Monday - Thursday during term times (aligned with school terms) a variety of classes are on offer by independently operating skilled teachers and facilitators. Current class offerings include Pilates, yoga, and breathwork. The space suits well for most movement and embodiment based practices.

On Fridays the studio is available for half or full day hire for corporate wellness events, trainings, workshops, networking events, etc.

You'll be provided with top quality amenities including Manduka yoga mats, Tribe bolsters, plush blankets, blocks, straps, and more. There's a 65" screen for your presentations, videos, or simply displaying your logo.

The soundbar operates by bluetooth so you can enliven your event with music.

Additional spaces included are a private patio off the studio, and reception area adjacent including lounge, kitchenette, and two toilets.



KORU STUDIO HIRE ARRANGEMENTS



Weekday Mon-Thurs

Hourly hire:

The studio is available from 6:00am - 9:00pm for classes on a weekly hire arrangement. Classes can be booked with a minimum of 1 hour, with additional time available by the 1/4 hour.

Classes after 7pm are available on monthly or fortnightly options at the same rate as weekly.

Set up & pack down:

You'll be given 15 minutes before and after your session at no additional charge. If you require more time please discuss and be prepared to pay.

Hourly rate:

\$35 +gst (\$40.25) weekly

Term:

Hire is by 10 week term commitment

Payment terms:

One invoice for the term will be presented in advance. Payment may be made instalments.

Weekends Fri-Sun

Hire of the studio is available by the half day mornings from 8:30am - 12:30pm or afternoons from 1:30pm - 5:30pm. Full day from 8:30am - 5:30pm. You'll have 1/2 hour before and after for prep time and pack to pack.

Half day rate:

\$120 +gst (\$138)

Full day rate:

\$200 +gst (\$230)

Corporate Wellness

We know how important it is to provide your employees with ample opportunity to improve their wellbeing and engage in self-care so that they can give from a full cup. We have numerous skilled facilitators at Koru Centre, many of whom are available to contract for your corporate wellness events. We are able to facilitate developing an engaging and supportive event for your staff.

Please reach out to collaborate and design a programme specific to your needs.





KORU CENTRE

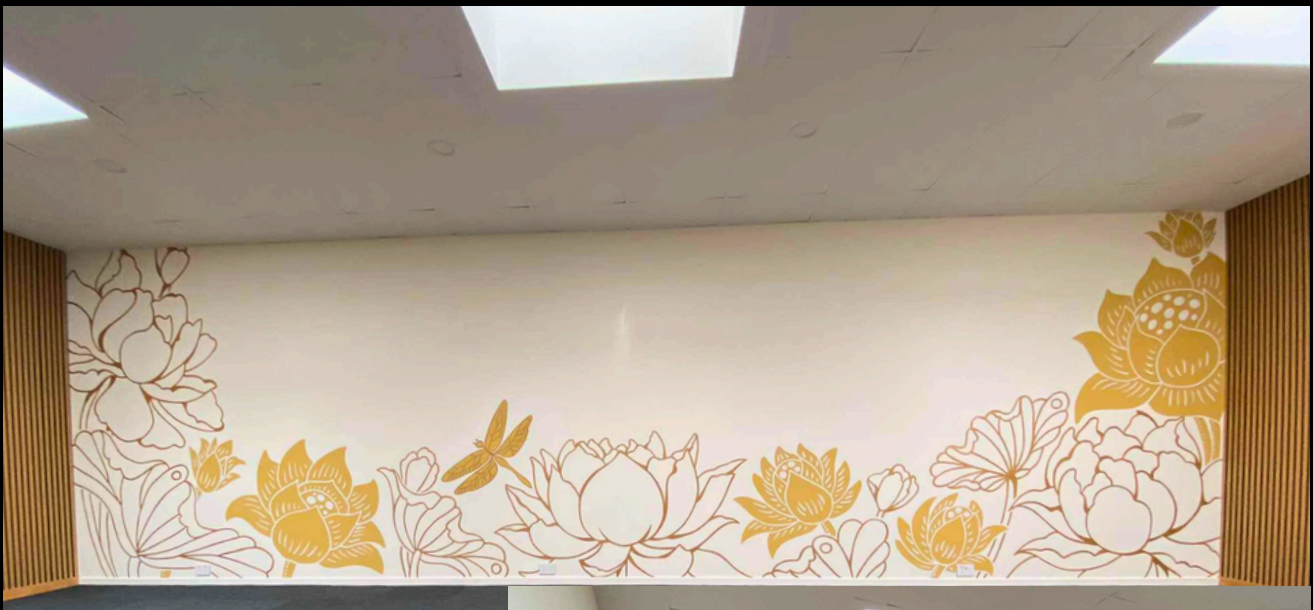
KORU OASIS

Koru Oasis is our intimately sized 35 sq m (~8.1 m x 4.3m) studio space providing a top quality tranquil studio for your classes, workshops, retreats and events. Oasis is set up to provide for up to 12, including instructor.

The studio is available all week for regular class times, including weekends. We operate on a 10 week term (aligned with school terms). A variety of classes are on offer by independently operating skilled teachers and facilitators. Current class offerings include Pilates, yoga, and breathwork. The space suits well for meditation, yoga, breathwork, workshops and more.

You'll be provided with top quality amenities including Manduka yoga mats, Tribe bolsters, wool and plush blankets, blocks, straps, and more.

Additional spaces included are reception area adjacent including kitchenette, lounge, including two restroom facilities.



Our stunning hand painted mural by Joshua Thomas, tattoo artist.
Trafalgar St. Tattoo @ Koru Centre



KORU OASIS HIRE ARRANGEMENTS



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Classes after 7pm are available on monthly or fortnightly options at the same rate as weekly.

Set up & pack down:

You'll be given 15 minutes before and after your session at no additional charge. If you require more time please understand additional costs may apply.

Hourly rate:

\$26 +gst (\$29.90) weekly

Term:

Hire is by 10 week term commitment

Payment terms:

One invoice for the term will be presented in advance. Payment may be made instalments.

Weekends Fri-Sun

We'd love to see regular classes happening at Koru over the weekends to support people living busy lives and finding it difficult to attend during the week. Koru Oasis is available on 5 week blocks, twice per term week for weekend bookings. Between term blocks, the studio is available for workshops and other one off events.

Hourly rate:

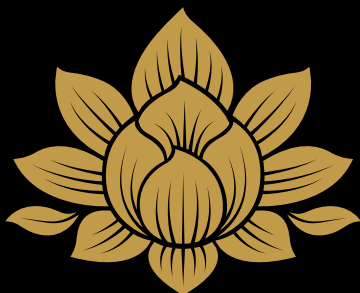
\$26 +gst (\$29.90) weekly

Term:

Hire is by 5 week block commitment

Payment terms:

One invoice for the term will be presented in advance. Payment may be made instalments.



WHAT WE **PROVIDE** **REQUEST** TO YOU OF YOU



CLARITY

We believe clear agreements are the basis of a safe and trusting relationship. We will provide a clear written contract with the terms of our agreement to be upheld by both parties. We also understand that life doesn't always go as planned, and request that we communicate clearly and negotiate fairly if something unexpected were to occur.



PROFESSIONALISM

We believe in providing a space where your professionalism can shine through. We request a mutually professional and respectful space by being mindful of maintaining quiet zones, keeping discussions private and confidential, and common spaces tidy...



BRING OUR BEST

We believe in being generous of spirit, assuming that others are also doing their best; yet understanding that as humans, we are brilliantly imperfect. An empathetic and compassionate approach is engendered, alongside an appreciation for healthy boundaries..



COLLABORATION

I'd like to believe that the old days of completion were said and done and to orient toward an understanding that we're all uniquely qualified, and our skills and talents will meet the needs of clients best suited to our abilities. We are stronger together. I am keen to develop opportunities where we collaborate to create rich and immersive experiences to catalyse growth. Please connect if you are interested in extending collaboration into retreats and wellbeing events as well.





KORU CENTRE

PROMOTIONAL SUPPORT PROVIDED TO YOU



EVENT LISTING

For engagements that occur on a term basis, such as a yoga class, or other regularly scheduled event, your listing will appear on the event calendar both online and printed on the footpath sign and inside the centre. For one off events, you may opt to be included online for a \$25 admin fee. Fully paid bookings are required for one-off event listings.



WEBSITE BIO

Practitioners and facilitators on a term agreement will be featured on the Koru Centre website with a bio, picture and contact details. I'm stepping into my intention to become visible, and enjoy creating spaces where you can do the same.



PRINT MATERIALS

You are welcome to place your business cards in the racks in both waiting rooms. There are various places to post flyers and brochures. We also encourage submissions to our quarterly newsletter to introduce yourself to the community. Please inquire.



SIGNAGE

Signage on directory boards is limited to those on a full time rental agreement. Full time rentals include a listing on the exterior and stairwell directory boards and adjacent to your office door. For events, an A1 poster may be available at additional cost. Please inquire.

WHAT OUR SUPPORTERS SAY

“Both my wife Tawny and I are international teachers and when we moved to New Zealand, we immediately fell in love with the beauty and graciousness we found at Koru Centre. Their studio we teach our classes in is beautifully designed with a large collection of props and necessary accessories for yoga, and other types of healing movement practices.

We couldn't be happier with this wonderful light-filled space that our students love as well. Why? It's friendly, warm, clean, quiet, and conveniently located in Central Nelson, with ample municipal carparks nearby. We highly recommend Koru and its lovely owner Omana.”



Peter Sterios

Founder of LEVITYoGA
Award Winning Author of Gravity & Grace



Andrew Perzigian

Member of the New Zealand Registry of
Acupuncturists and ACC Accredited

“Koru Centre is a wonderful place to base one's practice. The space is well appointed, light, bright and brimming with energy. The common areas often find patients, clients and customers chatting and engaged as they await their appointments or classes and once they've begun, the treatment rooms and yoga space provide noticeable peace, quiet and privacy. As a practitioner of Traditional Chinese Medicine and Acupuncture, I couldn't be happier to call Koru Centre home!”

“I experienced the Koru Centre as an oasis, right in the heart of Nelson. I enjoyed a beautiful energy of the place, which is created through the lay-out of the rooms, the decorative details as well as Omana's apparent joy in hosting. My weekend workshop had 20 participants and the room was spacious enough for that. I can highly recommend Koru Centre.”



Irma Jager

Certified Nonviolent Communication Trainer

WHAT OUR SUPPORTERS SAY



KORU CENTRE

"I was fortunate enough to discover the Koru Studio in early 2022. Since then, I have had the joy of teaching yoga in this light, airy and beautifully cared for space.

Thank you Omana for the care and consideration that you show not only to the physical space and equipment you provide, but also to myself and my students who love the studio. Your responsiveness to queries and suggestions is greatly appreciated."



Rose Middleton

UNITY YOGA, MN, E-RYT200, REP



Rose Aitken

Trainee psychotherapist,
Compassionate Inquiry therapist,
Holistic counsellor &
hypnotherapist

"I feel so lucky to be working at Koru! It is beautifully located, nestled upstairs in central Trafalgar Street and is both discrete and welcoming. Every comfort is taken care of and Omana's lovely decorating style lends itself to sensual stimulation and restfulness at once. During sessions, the client's eye can rest on a lovely object, plant or the view whilst engaged in a moment of reflection and be comforted by the fresh air and sunshine when dealing with a moment of upset or challenge.

Overall the space feels harmonious and with a certain depth due to the variety of practitioners and the energies and consciousness generated by themselves and each of their unique practices. I feel valued there as a practitioner and supported to do what I love best."

"Koru is a safe haven of comfort for those I work with, women who have experienced sexual violence and abuse, to feel cocooned and embraced. The space is warm, quiet, comfortably consistent and inviting which caters to the needs of those I work with offering them opportunity to explore movement and embodiment in a way that feels safely held and in which sensitivity is celebrated."



Jen Holmes-Beamer

Trauma sensitive yoga facilitator



KORU CENTRE

KORU CENTRE CONTACTS



Omana Eve



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