

# Aloha 'oe i ko Hawaj'i! Welcome to Hawai'i

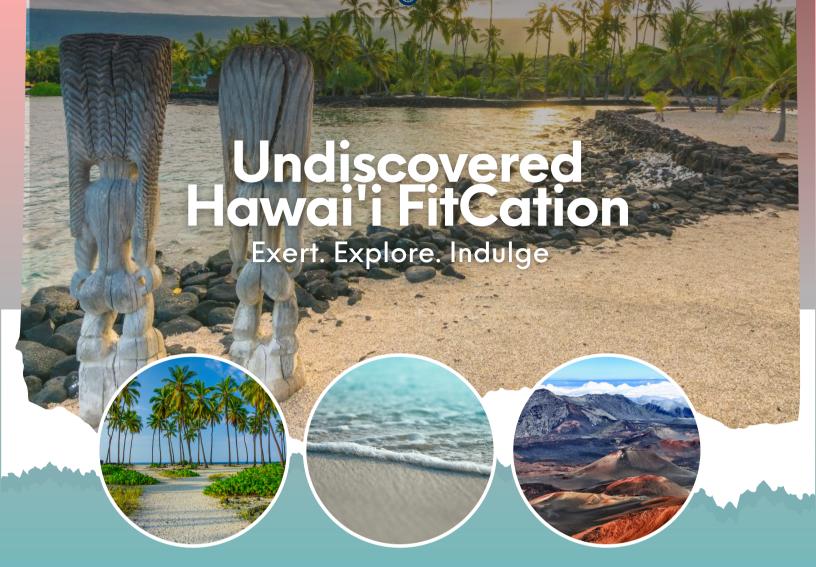
Our Hawai'i FitCation retreat is designed to share the expansiveness of the Aloha Spirit. We aim to nourish and heal, to provide space to connect and to feel supported.

Our theme is Pilina - Connection; we will explore many ways to connect to ourselves, each other, and to the magic of the Big Island of Hawai'i.

E Pili Kāua – let's be together Mahalo and Aloha, Lisa and Liz







## Day 1 - Your Arrival

## LOW ACTIVITY

- 3:00 pm: Guests arrive
- 5:30 pm: Welcome
  Oli and orientation
- 6:30 pm: Welcome dinner

# Day 2 - Water activities in Kona

### MEDIUM ACTIVITY

- 8:00 am: Core circuit class led by Lisa
- 8:45 am: Breakfast
- 10:45 am: Departure for Kona
- 11:30 am 3:30 pm: Kayak/Snorkel
- 4:30 pm: Return to Sanctuary
- 5:30 pm: Therapeutic yoga class led by Liz
- 6:30 pm: Dinner

## Day 3 – Hawai'i Volcano National Park

### **HIGH ACTIVITY**

- 7:30 am: Breakfast
- 8:30 am: Depart for Hawaii Volcano National Park
- 10:30 am: Warm up class -Hiking boot yoga led by Liz
- 11:00 am: Hike in Hawaii Volcano National Park
- Late afternoon: Volcano meditation led by Lisa.
   Letting go, Intentionsetting, honoring the Spirit
- Evening: Picnic Dinner -Watch the Glow!







## Day 4 – Pilina and Healing

MEDIUM ACTIVITY

- 8:00 am: Breathing and Mobilization class with Meditation led by Lisa
- 8:45 am: Breakfast
- 12:00 pm: All Level Vinyasa
  Flow Yoga class led by Liz
- 12:45 pm: Lunch
- 1:30 pm: Afternoon Circle -Guided
   Visualization/Journaling led by Lisa
- Afternoon: Free Time
- Early evening: Evening Circle led by Lisa and Restorative Yoga for Grief class led by Liz
- 7:00 pm: Dinner

# Day 5 - Night Time Manta

#### LOW ACTIVITY

- 8:00 am: Morning Class Lengthen and Strengthen led by Lisa
- 8:45 am: Breakfast
- Free lime
- 12:00 pm: Noon Therapeutic Yoga Class led by Liz \*optional
- 1:00 pm: Lunch
- 4:45 pm: Depart for Kona
- 5:30 8:00 pm: Sunset sail and mantas
- 8:30 pm: Late dinner or snack

## Day 6 - Hiking - Pu'uhonua O Honaunau Place of Refuge

#### **HIGH ACTIVITY**

- 8:00 am: Morning Therapeutic Yoga class led by Liz
- 8:45 am: Breakfast
- 11:00 am: Departure for Hike
- 5:30 pm: Sunset Stretch and Flow evening class
- 6:30 pm: Dinner and closing circle

## Day 7 - Departure

#### **LOW ACTIVITY**

- 8:00 am: Breakfast
- 8:45 am: Pre-flight stretch w/ Liz & Lisa
- 10:00 am: Departure



