

WILD SPIRIT ADVENTURES  
AND THE HEALING GARDENS  
INVITE YOU

QUIET SPACE, DESIRES , PASSIONS, + PURPOSE



# RETREAT TO MAUI

Jacqueline Fields, MD has been a leader in integrative medicine for more then 25 yrs and runs the Healing Gardens Health center, pharmacy and Dr. Fields Sacred skin care line.

DR. JACQUELINE FIELDS, MD  
+ JENNIFER CARMACK

Dr Fields will teach rituals with food and purpose...the when, where, why and how matters. Food feeds your soul and is your first most powerful medicine. We will explore Food as Medicine, healthy lifestyles and mindfulness in all of your life.

5 days on the beautiful + rustic north shore of Maui at Hale Akua Eco Retreat Center.

Eating fresh local fish + veggies.

Adventures to sacred spaces on the island. Hikes to waterfalls, kayaking w/ whales, the art of the hula, beach time...down time.



APRIL 13 - 17, 2022

To register go to [nocowildspirit.com](http://nocowildspirit.com)  
or contact Jennifer at (970) 412-8740

APRIL 13 - 17, 2022

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Jennifer's experience teaching yoga led her into the world of Somatic Experiencing. Letting the body lead our healing. Tuning into subtle cues of the nervous system unlock trauma and stress in the most profound way.

Jennifer will lead us in yoga through the somatic lens. How can we access ease in our nervous systems? Riding the waves all the way thru to completion. We will practice Somatic awareness exercises to come to know what we desire, what we want to nourish. And best of all, we can create space to allow for more love and connection to self and others. We will express ourselves in art, dance, allowing for expansion and growth.

Morning wake up Yoga +  
Evening Gentle Yoga  
Sacred Movement  
Chanting + Sound Healing  
Intention Setting  
+ DOWN TIME

## **At the Retreat Center**

Salt water pools  
+ Hot tubs, Sauna  
Organic farm tour  
+ Beautiful gardens  
Hiking trails to the  
waterfall  
+ VIEWS! Beautiful views to  
do yoga outside  
April is Whale Season  
in Maui!  
North shore jungle  
Healthy organic meals  
included



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# RETREAT TO MAUI

## Details of Your Services

\$1795 includes all meals, private chef transportation to and from the airport as well as around the island, all outings and adventures, kayaking, drums for drum circle, guest teachers and services on the beautiful islands of Maui.

This cost also included the shared space of the retreat center, yoga room, and kitchen. This also covers content and support from Dr. Fields and Jennifer. As well as a facial and experience using Sacred Skin.

Deposit will hold your spot. If you need a payment arrangement for this cost please let us know.



## Flights + Checking In

You need to travel to the **Maui OGG airport** to be closest to the retreat center.

Check in for day 1 April 13, 2022 is at 3pm at Hale Akua and check out is April 17 by 11am.

We will be offering a shuttle (us in a cute van) picking you up and taking you back from the airport, OGG Airport. So let us know your travel arrangements for April 13 and your return home April 17.

## Accommodations

There is a spectrum of accommodations to meet your needs. Single beds in a shared room is \$99/night. There are Queen/King beds in a shared room for around \$149 and then there are solo rooms available as well. Rooms offer views of the ocean and beautiful grounds of Hale Akua Eco Retreat Center.

Visit their website to check out what is available. You will book and pay for your lodging with [www.haleakua.org](http://www.haleakua.org)

TO REGISTER GO TO [NOCOWILDSPiRiT.COM](http://NOCOWILDSPiRiT.COM)  
OR CONTACT JENNIFER AT (970) 412-8740



## COVID Protocol

Beginning July 8, travelers entering Hawaii from other states in the U.S. and its territories who have been fully vaccinated in the United States (including its Territories) may bypass quarantine without a pre-travel test. The vaccination record document must be uploaded to the [Safe Travels platform](#) or printed out prior to departure and hard copy in hand when arriving in Hawaii.

**Other travelers** can continue to bypass quarantine with a negative COVID-19 test result from a test taken from a trusted partner no more than 72 hours before beginning the final leg of their trip. Anyone without a negative test prior to departure must quarantine upon arrival. The negative test result must be uploaded onto [Safe Travels](#) or printed out prior to departure and hard copy in hand when arriving in Hawaii.

- **For more information and to keep up to date on the latest visit [HawaiiCovid19.com](http://HawaiiCovid19.com).**

## Checking Out + Traveling Home

Sunday April 17 check out time is 11am Maui time from Hale Akua. We will provide a breakfast that morning + closing circle at the retreat center.

Most flights returning back to the mainland fly out late in the day or even evening. If this is your situation we will be available the full day to accommodate your travel needs to get you to the airport on time. If there is a group of us that remains and we would like to take in a beach trip, or shopping, we will make plans and arrange this together.

In the past we packed up and went exploring around the travel schedule of those remaining. Everything on the island is easy to get to in relationship to the OGG airport.

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