

**Aloha – Reclaim your “breath of life” in Hawaii
February 27-March 6, 2022
Yoga, Meditation & Adventure Retreat in Maui**



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Are you ready to bring balance and health back to your life? You deserve it! Join us in Maui connecting to the beauty and spirit of the land and nature; the Aloha culture; and the healing power of your breath while deepening your yoga and meditation practices. Mahalo (thank you!)

Highlights of the adventure:

- * Spend 7 days/7 nights immersed in the raw beauty, culture, and cuisine of Maui, Hawaii
- * Delve deeply into your relationship with natural healing through daily yoga, breath work, chanting and meditation
- * Discover the power of nature’s energy through hiking, snorkeling/swimming, biking and boating
- * Cost: \$3700/\$3600 if paid in full by 1/22/22 (per person, based on double occupancy)

Trip Includes:

- * 7 nights lodging
- * 10 meals (including full Hawaiian Luau)
- * Daily Hatha Yoga and Meditation (all levels)
- * 4 Half day tours – Molikini Crater, whale watching, turtles, beaches
- * 3 Full day tours – sunrise volcano hike, Hana Road (waterfalls, rainforest, black sand), west coast (state park, beaches)
- * Free time to explore, relax and absorb the energy
- * Transportation to/from the daily adventures

Not Included:

- * Air transportation to and from Maui, Hawaii (OGG)
- * Personal expenses (markets, drinks, gratuities, etc.)
- * Trip insurance (required)

For details contact:

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