

S.E.L.F. Self Esteem, Love, Fitness (Mind, Body, Spirit)

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Breakfast	>	>	>	>	>	>
9am	Orientation Part II						
10am	Orientation And SELF Overview	Self Esteem	Self Love	Mind Fitness	Health Fitness	Spiritual Fitness	Leave for Airport
11pm	Activity	Activity	Activity	Activity	Activity	Leave for Lahaina	
12pm	Lunch	>	>	>	>	Lunch at the beach	
1pm	Yoga/Red Hill Hike	Ohai Trail	Olivine Pools	Waihee Ridge	Maka Maka Ole	Time Affirmations Journaling	
2pm Airport Pickup	Guided Meditation Intentions	Activity	Activity	Activity	Activity	Time Affirmations Journaling	
3pm Kanaha Beach Time	Back to Camp and refresh	Back to camp and refresh	Back to camp and refresh	Back to camp and refresh	Back to camp and refresh	Time and refresh for Cruise	
4pm Incidentals Shopping	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Dinner Cruise in Lahaina	
5pm Orientation	Dinner >	>	>	>	>	Dinner Cruise in Lahaina	
6pm Dinner and free time	Firesides and free time	>	>	>	>		

Times / events are approximate and may vary based on each unique and special experience we are gifted with