



Dolphin - Retreat “live-love-laugh”

Date: See my Website under “dolphin retreats” (Other dates are available if you sign up with a group of 6 or more people, or if you want to book a private retreat. Please feel free to ask!)

Location: Aaaahhh Paradise, Captain Cook, Hawaii www.ah-paradise.com

Costs: \$2500.- for 10 days, including 3 meals a day, accommodation, 4 boat trips, all activities, course program, transfer from and to the airport. NOT included: Plane tickets to Kona, Big Island.

About Sharon Makana: Dolphin-lady, Life-Coach, Meditation- Teacher, Lifeguard, Sound Healer, Massage Therapist, Seminar- Leader, Adventure- Guide

Content: Getting in touch with the real you, going deeper, breathing, dreaming, reconnecting with life’s purpose, going beyond, growing, healing, transforming, seeing more clearly, becoming light and free, play, laugh, being deeply touched and inspired,...

Program:

- + Swimming with Dolphins from shore and from the boat
- + Swimming with Manta Rays
- + Hiking to sacred places
- + Fire ceremony by the active Volcano Kilauea (if doable)
- + Swimming in a waterfall
- + Experiencing powerful energetic places of the island
- + Watching Sunset on top of Mauna Kea (over 13’000ft high)
- + Yoga, Qi Gong, Meditation, Energy work, group exercises, singing, dancing,
- + Whatever else this powerful island has in store for us...

