



## 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](http://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...

**Additional Options:** For \$ 100 per Session you can book a 1-1 session with me. (Coaching, intuitive bodywork, sound healing,...)

We are staying on an organic Coffee and Macadamia Nut Farm in the jungle. A very peaceful and quiet place full of mana, perfect to recharge batteries. I can offer a farm tour. There is also a hot tub under the stars available for use.

We will use a community kitchen. We will eat healthy organic food, freshly prepared every day. (Vegetarian or Vegan possible, make sure to let me know, when you sign up!)

The trip to Kona and back is responsibility of every participant. I will pick you up at the airport and give you a ride back. There is an option to arrive sooner or stay longer.

**Booking:** Spots are limited to 12 participants, so be sure to reserve your spot early! Your participation in the retreat is guaranteed after your down payment of \$1000. Any cancellation within 30 days prior to the retreat results in you losing your down payment. If for whatever reason I have to cancel the retreat, you will of course get your money back.

You find impressions of previous retreats on my Facebook Page “Dolphin Retreats “live-love-laugh”. If you would like to know more about me and my work, please visit my website [www.sharonmakana.com](http://www.sharonmakana.com) , subscribe to my mailing list or leave me a message. I am also happy to answer your questions through eMail (info@sharonmakana.com) or Whatsapp (+41791734645).

**A Dream comes true...Share the passion- Live the dream!**

