

Holiday's Health & Fitness Yoga Presents

Yoga at Waimea Plantation

A Hawaiian Holiday!



December 5-12, 2019

Renew your health & spirit at this annual Yoga Retreat led by Master Yoga Instructor Holiday Johnson.

Sessions are for yoga practitioners & the physically active. Focus will be on *asanas* & meditation.

This 24th annual retreat is in a variety of Classical Hatha Yoga styles influenced by Iyengar & Vinyasa. Holiday provides support, challenges & excitement! Emphasis will be placed on developing strength & fitness, flexibility, body-mind connection & harmony.

See our website for more details about available lodging, including group lodging at:
www.holidaysyogacenter.com



\$450

Yoga only

- or -

\$1160

Yoga, Airfare &
Shared car

(prices vary with
PURCHASE DATE)

Airfare deposit of \$150 needs to be made directly with
Pamela Davis: (503) 224-0180 or 800-821-0401

or email: pamd@wittravel.com

Consult travel agent for final payment arrangements

To Register:

email: holiday@holidaysyogacenter.com

or call: (503) 539-1074

(December 5-12, call: 808-338-2257)



Holiday Johnson has taught locally & nationally for over 40+ years. With ongoing enthusiasm & dedication, Holiday teaches & practices many systems of yoga. Her broad range of experience encompasses local, national & international exposure. Holiday Johnson is the Founder & Director of the nationally recognized non-profit yoga program for teens Standing On Your Own Two Feet™.