



## Holiday's Health & Fitness Yoga

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# Hawaii-Kauai Yoga Retreat: Waimea Plantation Cottages

November 30- December 7<sup>th</sup>, 2017

Dear Interested & Registered Hawaii 2017 Participants,

We are all looking forward to December as a time for warmth, relaxation & yoga practice in the paradise of Kauai. Due to fluctuating costs, oil prices, etc., airfares vary. Take advantage of today's lower travel costs & book your flight now to secure your seat of choice!

- ◆ **IMPORTANT NOTE ABOUT HOUSING:** Due to Waimea Plantation Cottages' increasing popularity, reservation policies are changing. To assure that the housing we offer now will be available to you it is essential that you confirm by sending your 1<sup>st</sup> night housing deposit to Holiday asap. Final payment for the yoga workshop is **due October 1<sup>th</sup> or asap**
- ◆ **ATTENDANCE REQUIREMENT:** Steady Yoga Practices & with Holiday, Wisdom of Yoga Workshops (min. 3 resent attendance). Hawaii Yoga workshop will cost \$450. Remember the workshop deposit is separate from the travel deposit. Space is limited – your \$200 deposit confirms your place. Final payment: for yoga workshop is due October 1<sup>th</sup> or asap.
- ◆ Friday, Dec 1<sup>st</sup>, 4-5:30 pm, there will be a **Special Coming-Together Event** at the Manager's Estate to begin our annual retreat. This ceremony opens our minds & hearts as we start this amazing yoga adventure together.
- ◆ Some ideas to support your fabulous time at your Yoga Retreat:
  - ◆ Sweet Lomi Massage, Stacey Vinzant LMT [sweetlomi@yahoo.com](mailto:sweetlomi@yahoo.com) 808-651-8857
  - ◆ Rob Marshal, MSW, will be available, compliments of your retreat, for transformation support.
  - ◆ Ancient Hawaiian Cultural History, dance & crafts with Ahonui, aka Carrie Newcomb.
- ◆ **Travel days** are Thursday Nov. 30<sup>th</sup> & Dec. 7<sup>th</sup>. The **yoga workshop dates** are Friday, Dec 1<sup>st</sup> (afternoon) through December 6<sup>th</sup>, two classes daily Saturday Dec 2<sup>nd</sup> through Wednesday Dec 6<sup>th</sup>, 3 hrs in morning & 2 hrs in evening.
- ◆ If **out-of-state** or you are using your airline miles, you may make your own travel arrangements. If not, continue reading for details. Roundtrip airfare from Portland to Kauai with 7-day shared car rental (to share with one person) is currently available with our travel agent. Prices may vary from day to day & may go up or down. You are responsible for arranging with whom you share the car. If you need the names of other single participants, contact Holiday.
- ◆ To confirm airfare price & make reservations, please **contact Pam Davis**. Your travel deposit & final payment are determined by & may vary depending on the airline you choose. Hawaiian Airlines has a new policy as of '08, talk to Pam before you purchase. **PRICES ARE NOT GUARANTEED UNTIL YOUR DEPOSIT IS RECEIVED BY THE TRAVEL AGENT!** Submit your travel deposit after talking to:

Pamela Davis, Willamette International Travel Email: [pamcd@wittravel.com](mailto:pamcd@wittravel.com) Tel: 1-800-821-0401

Please call me with any questions cell 503 539-1074. We look forward to your joining us! Aloha, Holiday