

Holiday's Health & Fitness Yoga Presents...

# Yoga A Hawaiian Holiday! at Waimea Plantation



**December 6-13, 2018**

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 23<sup>rd</sup> 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](http://www.holidaysyogacenter.com)



**\$450**

Yoga only

- or -

**\$1155**

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](mailto:pamd@wittravel.com)

Consult travel agent for final payment arrangements

**To Register:**

**email:** [holiday@holidaysyogacenter.com](mailto:holiday@holidaysyogacenter.com)

**or call:** (503) 539-1074

**(December 6-13, call: 808-338-2257)**



Holiday Johnson has taught locally & nationally for over 39+ 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™.