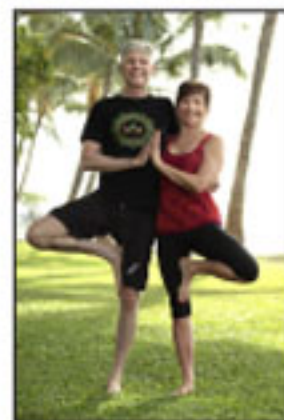


Holiday's Health & Fitness Yoga presents...
23rd Annual Hawaiian Yoga Holiday

Seven Days in Paradise!

Stay in the historic town of Waimea at the renowned Waimea Plantation on the island of Kauai.

Enjoy yoga twice a day with time to explore and soak in the beauty of the island...in the middle of winter!



- December 6 and December 13 are travel days
- December 7: *Gathering To Begin Ceremony*
- December 8-12: Yoga 3 hrs in morning, 2 hrs in evening
- All cottages with kitchens & WiFi
- Spectacular sunsets & ocean views
- Pool, palm grove, tropical preserve & black sand beaches
- Ancient Hawaiian history & performance
- LMT's available on site and close by



\$450

Yoga

- or -

\$1155

Yoga, Airfare & Shared car

(prices vary with PURCHASE DATE)

Options*	Bedrooms	Baths	Single*	Double* / shared room
Managers Ocean Front Bed types available: K+T, Q, K, D*, D*	5	4	\$221 per night (\$1,547 per week) (full occupancy of 8 people - 5 bedrooms)	\$110.50 per night (\$773.50 per week)
Cottages 64, 65, 66, 86 Bed types available: Q	1	1	\$264 per night (\$1,848.91 per week) (full occupancy of 2 people - 1 bedroom)	\$132 per night (\$925 per week)
Cottage 55 Bed types available: Q, Q, 2-T	3	2	\$130 per night (\$910 per week) (full occupancy of 6 people - 3 bedrooms)	\$65 per night (\$455 per week)
Cottage 56 Bed types available: Q, 2-T	2	2	\$167 per night (\$1,169 per week) (full occupancy 4 people - 2 bedrooms)	\$83.50 per night (\$584.50 per week)

* all rates reflect 20% tax & hotel fees

Call now!

For registration, reservations, and a detailed brochure: (503) 539-1074 or email: holiday@holidaysyogacenter.com

Deposits:

First night housing & \$200 for yoga to secure your attendance & housing of choice. Final payments in full due ASAP or no later than Oct. 1, 2018.

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.



Kitchens, ceiling fans & period furniture of mahogany, koa & wicker grace all cottages. To ensure complete comfort, all include weekly housekeeping & linen service, laundry facilities & telephone.

For Yoga & Housing, send to Holiday's Yoga

Make your reservations early to be where & with whom you wish

Final balances due ASAP - No later than Oct. 1, 2018