

Bend Yoga & Wellness 7-Day Hawaiian Retreat Big Island, Hawaii

June 24th – July 1st, 2018

Ever dreamed of visiting Hawaii?

Now is your chance!

Join Danielle and Ellen for a magical 7-day retreat on beautiful Big Island, Hawaii. Danielle used to live in Hawaii and Ellen has visited the Big Island four times in recent years. They are ready to share their knowledge of this special island with yoga, hiking and exploring the unique landscape of this youngest Hawaiian island. Enjoy home cooked meals, meditation and active yoga in the morning, quiet yoga and meditation in the evening with time each day for your own adventures. Feel more at ease in your body, refresh your mind, and expand your awareness.

Why You'll Love It	It is absolutely gorgeous and the most geographically isolated spot on earth. Leave your stress on the mainland!
Where You'll Salute the Sun	On Kona Bay, one of the most beautiful places in the world.
Post-Yoga Diversions	Adventures abound, including beautiful beaches, kayaking, SUP, snorkeling, SCUBA diving, Hawaiian handmade market and exploring vibrant downtown Kona. Some require additional cost.
When Are We Going:	June 24 th – July 1 st 2018
Cost:	Rates range from \$1900-\$3000, depending on room accommodation (ask us for housing options, rooms on first come-first serve basis) for 7 nights and 8 days, includes 3 meals a day (except 2 dinners), daily yoga, hiking and meditation, Stargazing excursion (\$225 value), Volcano National park visit. Optional Add On: Manta Ray night dive/snorkel

What is included?

- Ocean Front accommodations 5 miles outside the town of Kona
We have rented two houses, .25 miles apart. Both houses are right on the water. One with a pool, one with a Jacuzzi, both with amazing water views
- Kona Airport pickup & drop off on June 24th and July 1st
- Daily Yoga Practice & Meditation, morning and evening most days
- Daily breakfast, lunch and 5 dinners prepared by our personal chef
- Star Gazing excursion to Mauna Kea
- Day trip to Volcano National Park
- Visit to black sand beach
- Optional visit to South Point, the southern-most point in the United States

What is NOT included?

- Airfare to Kona International Airport
- Alcoholic beverages
- Additional activities including kayak/SUP rentals, snorkel rentals, SCUBA diving

How do I sign up??

NOW: \$500 non-refundable deposit required to hold your space

February 1st: \$500 second deposit

May 1st: Final payment due

You are responsible for your own airfare to Kailua-Kona, Big Island Hawaii.

Star Gazing at Mauna Kea

This excursion begins around 2:30pm and ends well after dark.

As we drive up the mountain, we learn about island geography, geology and natural history. While acclimatizing and dining at the Mauna Kea visitor's center, you'll find out why the world's largest telescopes are located on this spot. On the summit, our guide will point out the observatories as they begin to open and rotate into position. There is plenty of time for photos while the sunset transforms the area into a beautiful and quite unearthly spectacle. When the best of the color has past, we descend to mid-mountain, where the sky is equally clear but the climate and air density is much more comfortable for stargazing.

This is a magical experience and not to be missed!

Volcano National Park

Explore the fascinating world of active volcanism, biological diversity and past and present Hawaiian culture at Hawaii Volcanoes National Park. On the way we will likely visit Kalapana, a village destroyed by advancing lava, and the black sand beach. After arriving at the park, learn about everything from active volcanic craters and steam vents to the historic Jagger Museum. Depending on conditions during our visit, we may have the opportunity to see an active lava flows. Keep your fingers crossed!

Optional Excursions

Snorkel or Dive with the Manta Rays

Kona has the distinct honor of being home to over 150 manta rays. On most nights the Manta come out to play! Take your chances to play with them either by SCUBA diving below water or on the surface by snorkeling. Cost for snorkeling is about \$130 and diving about \$160. Danielle will be snorkeling and Ellen diving.

SCUBA diving

Kona is home to the best and most beautiful reefs in all of Hawaii. If you are interested in SCUBA diving, Ellen's husband Scott will accompany you on guided dives. Whether a new diver or a seasoned one, Kona's waters have enormous beauty to share with you.

If you don't yet dive but would love to learn, Scott will offer a special SCUBA certification class for BEND at the YMCA in Milford prior to our trip so you can arrive ready to explore the waters beneath Kona. (additional cost for SCUBA training)

South Point

While Key West often gets the distinction of being the southern-most point in the United States, it is actually South Point in Hawaii. About a 90-minute drive from where we will be staying, it is truly magnificent in it's beauty and vastness. Oh and the wind! Weather dependent, some people actually swim here, jumping off a 40-foot cliff! Do so at your own risk! Ellen prefers the view from above! We will hike, wander and make this excursion our own. No additional fee.