



YOGA RETREAT IN PARADISE 2010

With Lynne Minton

Sunday to Sunday

January 10-17 Beginning Level

January 17-24 Intermediate Level

Enjoy a relaxing and fun filled Yoga Vacation on the big island of Hawaii!

One week package costs **\$1,200** and includes:

- 7 nights at the Kalani Honua Retreat Center (double occupancy)
See packet for other housing/cost options
- Two yoga classes daily
- Three delicious healthy meals daily
- Evening programs

(does not include airfare or airport transfers)

**\$300 deposit reserves your space
(checks to LYNNE MINTON)**

**Balance due October 1, 2009
(call for Available space after October 1)**

For a detailed information packet contact Lynne Minton~

PH: (907) 248-1965

Email: lynneminton@gmail.com

Download from the Website: www.lynneminton.com

YOGA IN PARADISE

January 10-17 beginner's level
January 17-24 intermediate level

FOLLOW UP SHEET

ALOHA! You will soon be enjoying the natural splendor of the Big Island of Hawaii. Along the unspoiled coast of the island, the Puna District remains an authentic experience of native and natural Hawaii at its best. Dramatically beautiful, with lush jungle, black sand beaches and stark lava cliffs meeting the ocean, it provides a paradise setting for Kalani Honua. To help you with your travel plans and to make your trip more enjoyable please review the information on these pages.

YOUR TRIP PACKAGE OF \$1,200 INCLUDES:

- 1) SEVEN NIGHTS AT THE KALANI HONUA RETREAT CENTER** (double occupancy in the Hale. See Registration form for other room/cost options.) The Hale is a two story circular cedar lodge with eight rooms and four shared baths (two rooms per bath). Yoga classes will be held in the Hale OR else in the Rainbow room. Also included in your stay is free use of the olympic size pool, hot tubs, sauna, lawns and trails, ping pong and reading rooms.
- 2) TWO YOGA CLASSES PER DAY.** The first day of class will be the Monday after arrival. Classes are scheduled from 9:30 to 11:45 AM and 5:00-6:30 P.M. Monday through Saturday with the exception of Thursday afternoon which will be left open to allow a longer day for excursions to Volcanoes Park or other day trips if you choose. All classes will be held in the RAINBOW ROOM. There will be an orientation meeting at 8:30 AM on the first day of class, after breakfast in the RAINBOW ROOM with the Kalani staff.
- 3) EVENING PROGRAMS AND PARTIES.** Evening programs are from approximately 8-10 PM. Monday evening will be a discussion of some aspect of yoga philosophy from the yoga sutras of Patanjali or the Bhagavad Gita. The Kalani Honua staff offers ancient and modern Hula class on Tuesday evenings. These classes are educational, sacred and fun! There is always something happening at Kalani in the evening from movies to dolphin dance to art showings and fire dancers. Schedules are posted daily at Hale 2 in the Dining area.
- 3) THREE HEALTHY DELICIOUS MEALS PER DAY.** Meals are buffet style, served in the open air covered Lanai of Hale 2. Meal times are subject to change.
Breakfast 7:30-8:30 AM
Lunch 12:00-1:00 PM
Supper 6:00-7:30 PM

NOT INCLUDED IN YOUR PACKAGE: AIRFARE (see logistics below) and TRANSPORT FROM AIRPORT TO KALANI HONUA

Kalani Honua transport can be arranged by calling them in advance with your flight number and exact arrival time. 1-800-800-6886 Their charge is similar to that of a local cab (below)

Taxi from Hilo airport to Kalani Honua costs approximately \$75 one way for up to three passengers.

Rental Cars should be reserved through your travel agent. Check for air/car packages to save money and also check with your insurance agent to see if your policy covers rental cars. This could save you many \$\$ on your rental car. There may be others who would like to share in a rental car, so inform Lynne if you would like to share. If you do not rent a car but catch a ride with someone who does, we suggest you chip in \$25 each way for the ride.

WHAT TO BRING

Bring sun screen, sun hat, earplugs if you are a light sleeper, insect repellent, water bottle, flip flops, sunglasses, camera, snorkeling gear, walking or hiking shoes, beach towel, rain coat, flashlight, and one warm sweater or shirt. Casual clothing is always appropriate, and aloha wear welcome.

Yoga attire. Shorts may be more comfortable than tights or sweats. **Please bring your own sticky mat and yoga belt.** If you do not have these arrange to purchase them from Lynne or another source before the trip!! Kalani now provides, **shoulder stand pads and foam blocks.** If you want to have a bolster, eye cover or other amenities please bring them with you.

This area is generally sunny with frequent rain showers followed by striking rainbows and more sunshine. Temperatures range from 60-80 degrees year around.

LOGISTICS

BOOK YOUR AIRLINE RESERVATIONS NOW! Be sure to fly in to the HILO AIRPORT on the island of Hawaii. If you arrange to arrive in Hilo no later than 5PM on Sunday you can make it to Kalani in time for supper. Should you arrive at Kalani later than 8PM the office will be closed but instructions will be posted on the office door on how to proceed. **CHECK IN TIME** is after 3 PM on Sunday and **CHECK OUT TIME** is right after breakfast on the following Sunday. Kalani is usually booked before and after our stay so please call ahead if you would like to stay any additional dates.

Flying from Anchorage to Honolulu may put you on a limited schedule as to which days you travel so that you may need to book extra nights in Hawaii. We recommend the HILO SEASIDE HOTEL if you want to spend the night before or after your stay at Kalani in Hilo.

They are hawaiian run, lovely grounds and reasonably priced. 1-800-367-7000. They also have recommendations for hotels on Kauai, Maui and Kona..

Child care is not provided by Kalani Honua although they may have some suggestions for local hire.

IMPORTANT ADDRESS AND NUMBERS DURING YOUR STAY: Kalani Honua Resort
RR2 Box 4500, Pahoa, HI 96778 PH: 1-800-800-6886 FAX: (7AM-10PM HI time) 1-800-965-9613.

DIRECTIONS TO KALANI HONUA FOR RENTAL CAR DRIVERS OR TAXI'S

When you leave the Hilo Airport, turn left onto Hwy 11 (at the stoplight, a sign says "to volcano"). Drive 9 miles to another stoplight at the town of Keaau. Turn left onto Hwy 130 and follow this Hwy for another 12 miles. The highway will bypass the town of Pahoa, and you will come to a lighted intersection. Go straight through, and continue along the highway (still #130) for 9 more miles until you see a turnoff to the left for Kalapana. Take that left, then an immediate right. When the road fords, take a left. This will put you on the Kalapana-Kapoho Coastal highway (#137). Kalani Honua is located between miles 18 and 17 on the left. A large cloth flag sign welcomes you. Go up the drive to the office and check in (room assignment and meal ticket). If you should get lost call Kalani 800-800-6886 or (808) 965-9613 for more directions.

REGISTRATION FORM For Yoga in Paradise

JANUARY /circle one 10-17 beginner's, 17-24 intermediate or BOTH WEEKS

NAME _____

PHONE day _____ eve _____ cell _____

EMAIL _____

MAILING ADDRESS _____
Po box or street city zip

DEPOSIT PAID (\$300 PER WEEK) ON (DATE) _____ CHECK # _____

Return above information with your deposit

The remaining balance is due no later than October 1, 2009 after which the full deposit is non-refundable. Cancellation prior to October 1, 2009 will allow a full refund less a \$75 processing fee. Make checks payable to **LYNNE MINTON** and send to PO Box 190121 Anchorage, AK 99519-0121 and **include the information requested below.**

My balance due (after above deposit) for a room in the Hale based on double or triple occupancy is \$900 OR (see below) _____.

The following options MAY be available at the given prices (deduct any deposits paid)

- Single room in Hale~~\$1,550 (very limited basis if available)
- Private Cottage with bath (family preference) \$1400 per adult (double occ +) \$1,650 for single occupancy.
- Adult roommate **no yoga**~\$850 in Hale, \$950 in cottage, \$575 camping
- Campsite including meals and yoga~\$890
- Children ages 3-12 room and board~\$455 each. Children camping \$290 each
- Non-residential fee for yoga is \$425. Preference is given to residential participants.

AIRLINE AND TRANSFER INFORMATION

PLEASE RETURN TO LYNNE WITH FINAL PAYMENT NO LATER THAN OCTOBER 1, 2009 (unless you are registering after Oct. 1 If space is still available, then you must pay in full upon registration.)

NAME_____

ARRIVAL DATE_____TIME_____

FLIGHT #_____AIRLINE_____

DEPARTURE DATE_____TIME_____

FLIGHT #_____AIRLINE_____

ROOMMATE PREFERENCE/ ROOM PREFERENCE_____

SPECIAL DIETARY NEEDS_____

*I will be taking a cab to Kalani_____Would like to share with others_____

*I will be renting a car_____Would like to rent with others_____Would be willing to drive others to/from Kalani to airport_____.

** An email list of those looking to ride share will be sent out in December so that those with room or need can contact or be contacted.

You will be required to sign a risk and release waiver upon check-in which releases Kalani Honua from liability regarding injury during recreational activities.