

YOGA IN PARADISE 2019
At the Big Island's Kalani Honua Retreat and Wellness Center

Aloha Everyone,

I hope that you can join us for one or more of the Yoga in Paradise offerings in 2019. Please note that it is required that you have had at least one year of yoga instruction to attend these retreats.

WEEK ONE: January 5-12, 2019. This will be an **all level** group with and easy to moderate pace, plenty of instruction in adaptations, and alternatives to postures as needed. Those with more experience will have opportunity for more challenge.

WEEK TWO: January 12 - 19, 2019. This will also be mixed level but with a more challenging pace and less break down of instructions. Students should know how to adapt their postures to suit their needs, especially for inverted postures.

WEEK THREE: January 19-26, 2019 will be a PRACTICE and RELAX or Chillax week. This is for students of one or both of the previous weeks (or by permission of the instructor) who wish to extend their stay at Kalani and enjoy a daily 1.5 hour yoga practice together. Afternoons will be free, for personal practice, attending Kalani offerings or simply relaxing.

Please continue reading the information packet below.

I hope that you will join us for a week, or two, or three!

Mahalo and warm regards,

Lynne

***Yoga in Paradise, At The Big Island's Kalani Honua
Retreat and Wellness Center
2019 Information packet***

**Week one: January 5-12
Week two: January 12-19
Week three: January 19-26**

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 the following pages.

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GENERAL INFORMATION FOR ALL THREE WEEKS

WEEK ONE: January 5-12

- **Saturday to Saturday, arrival after 3 PM, Check out by 10 AM**
- **Mixed level with instruction in adaptations of poses**
- **cost based on room option, see registration form **PAGE 9****

WEEK TWO: January 12-19

- **Saturday to Saturday, arrival after 3 PM, Check out by 10 AM**
- **Mixed level with slightly faster pace and less breakdown of individual postures. Students should know how to adapt postures to suit their practice, especially inverted poses.**
- **Cost based on room option, see registration form **PAGE 9****

WEEK THREE: January 19-26

- **Saturday to Saturday, arrival after 3 PM, Check out by 10 AM**
- **all levels practice and relax week**
- **cost is your chosen room option on the registration form (see page) minus \$200.00**
- ***Week three* is only open to those who are attending week one or two, or by permission of instructor. No formal classes will be taught this week, but I will lead a daily 1.5 hour mixed level yoga practice from 9:30-11:00 AM each day. Afternoons will be free, for personal practice, attending Kalani offerings or simply relaxing.**

YOUR TRIP PACKAGE INCLUDES:

1) SEVEN NIGHTS AT THE **KALANI HONUA RETREAT CENTER.**

See Registration Forms for all room/cost options. Also included in your stay is free use of the of swimming pool, hot tubs, lawns and trails, and reading rooms.

2) TWO YOGA CLASSES PER DAY. (weeks one and two)

- **Orientation meeting at 8:30 AM on Sunday, the first day of class, after breakfast.**
- **One half hour of optional meditation will be offered prior to breakfast each morning.**

- Yoga classes are from 9:30 to 11:30 AM and 4:30-6:00 P.M daily
- Wednesday afternoon is free time to enjoy local excursions to sites in the area or to simply relax.

3) GUEST PROGRAMS OFFERED BY KALANI HONUA STAFF AND INSTRUCTORS

- KALANI Offers classes in a variety of topics ranging from yoga, to horticulture, to Hawaiian cultural arts and crafts. Class offerings will be listed on a weekly calendar printout that you'll receive upon checking in.
- Offerings may include Hula, lei making, Ukulele and other hawaiian and local cultural events.

4) THREE HEALTHY DELICIOUS MEALS PER DAY. Meals are buffet style, served in the open air. 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**
- **TRANSPORT FROM AIRPORT TO THE RETREAT CENTERS**
- **GRATUITIES**

WHAT TO BRING

Bring sun screen, sun hat, earplugs, 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.

YOGA PROPS: Kalani provides sticky mats, blocks, belts, chairs and blankets. You may want to bring your own mat as the Kalani mats get a lot of use. Bring your own bolster if you want to have optimum comfort for afternoon restoratives. This is optional, but lovely to have.

ARRIVAL AND DEPARTURE

Arrive anytime after 3 PM on the **first date** of your chosen week. Departure is anytime after breakfast on the **last date** of your chosen week. We have an early morning practice before breakfast on the last day. You may choose to stay for lunch at Kalani but you must be out of your room by 10 AM.

Kalani is usually booked before and after our stay so please call ahead if you would like to stay any additional dates.

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 arrival day 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.

Flying from your location to Honolulu may be limited to certain travel days. If so, you may need to book extra nights in Hilo. We recommend the HILO SEASIDE HOTEL, THE HILO BAY HOTEL or THE HILO HAWAIIAN. They are all located on Hilo Bay within 10 minutes of the airport.

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.
- <https://kalani.com>

GRATUITIES:

Kalani is run primarily by volunteers who take care of housekeeping, landscaping, cooking and serving food. We suggest that each person adds a gratuity to their final personal bill at guest services when they check out. Tips are shared among all of the volunteers. \$50-\$100 per participant is a nice range. Tips for bodyworkers are separate/ additional from volunteer tips.

TRANSPORTATION OPTIONS FROM HILO AIRPORT

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.

DIRECTIONS TO [KALANI HONUA](#) FOR RENTAL CAR DRIVERS OR TAXIS

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.

ACCOMMODATIONS

When choosing your accommodation on the registration form, the following information may be helpful. For more information and photos go to :

<https://kalani.com/accommodations/>

Hale Lodges - pronounced Ha'-lay, Hawaiian for "house" – are two-level Lodges with rooms and shared common areas on both levels. The Hale Lodges are located on the central lawn near the dining lanai, and feature sweeping garden views. Hale Lodge rooms are approximately 200 square feet and can accommodate 2-3 guests. Some rooms have private baths, and our most economically priced rooms have shared baths.

Bungalows are duplex structures that house two rooms of 225 square feet each. High, slanted ceilings and tall screened windows make these inviting dwellings a cozy and free environment. Bungalows house up to two adults or two adults and one child. Each room contains one queen bed and one twin bed, private bath, mini fridge and overlook pastoral or jungle vistas.

Treehouse rooms are nestled under the cool shade of a large Monkeypod Tree, and are designed to invite nature indoors. Screened walls give an outside-in sensation, endowing these rooms with tropical breezes, filtered light and spectacular views. There are five Treehouse rooms featuring private bath, mini fridge, and pastoral vistas.

Lofts are approximately 1,000 square feet and are comprised of two private bedrooms adjacent to a shared common space. A Loft room reservation includes one of the two private bedrooms in the loft. Each Loft bedroom can house up to two people in one king or two twin sized beds, and has a full private bath. The Loft common space is spacious and open in feel, and features high ceilings and a seating area.

Cottages are private, free-standing structures of approximately 400 square feet that feature wood and renewable bamboo construction and a covered, outdoor lanai. All cottages have unique artistic touches. Some are nestled in tropical foliage, while others look out over open fields. Most cottages have capacity for up to three guests, and feature a private bath and mini fridge.

If you have a specific room preference we will try to give you the room you request. But don't worry, just choose the TYPE/Pricing of an accommodation and it will be reserved for you.

On the campus map you may choose from the following:

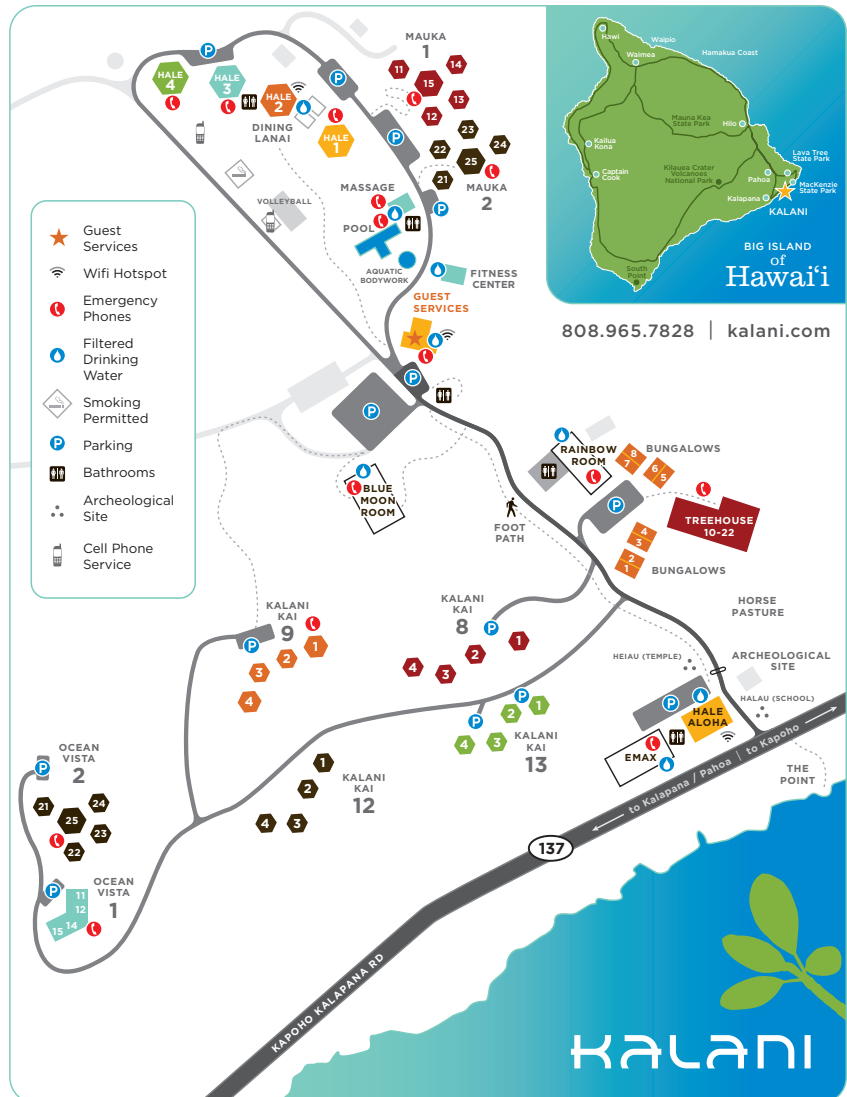
LOFTS: Mauka 15 and 25 across from the dining lanai (NOTE: not available week 3)

COTTAGES: Mauka 11,14, 21,22, and 23
OR

Kalani Kai group 13—cottages 1-4 (NOTE: Kalani Kai cottages are not available week 3)

BUNGALOWS and TREE HOUSES: all available week 1 and 2, week 3 Bungalows 5, 6 and 8, Tree house 21 and 22

HALE 3 AND 4: all rooms available weeks 1 and 2, only Hale 3 is available week 3



REGISTRATION FORM

For Yoga in Paradise at Kalani Honua, 2019

STEP 1: Check your choices for dates

- ☐ JANUARY 5-12 Mixed level with easy to moderate pace
- ☐ JANUARY 12-19 Mixed level with faster pace and more self direction
- ☐ JANUARY 19-26 practice and relax week (available only to registered students in week one and/or week two or by permission of instructor)

STEP 2: Check your choice for room and rate

- ☐ Double occupancy hale shared bath \$1300 per week per person
- ☐ Double occupancy hale private bath \$1440 per week per person (first come first served basis)
- ☐ Single room in Hale \$1,675 (very limited basis, shared bath only)
- ☐ Double occupancy Bungalow with bath \$1550 per adult
- ☐ Single occupancy Bungalow \$2000
- ☐ Double occupancy Tree House or Loft (Mauka or Ocean Vista) \$1600
- ☐ Single occupancy Tree House or Loft (Mauka or Ocean Vista) \$2050
- ☐ Double occupancy Cottage (Mauka, Ocean Vista, or Kalani Kai) \$1850
- ☐ Single occupancy Cottage (Mauka, Ocean Vista, or Kalani Kai) \$2575
- ☐ Adult roommate no yoga~deduct \$ 250 from double occupancy rate
- ☐ Commuter: If you chose to stay off campus, Kalani will charge a daily use fee applied to all 7 days that includes all meals in the package. They will no longer decouple meals from the day use fee. Non-resident fee for weekly facility use, meals and yoga is \$1025.
- ☐ Kamaaina commuter: one week of day use fee, all meals plus yoga \$650
- ☐ Chillax week 3 is the cost of your chosen room rate above MINUS \$200.00

STEP 3: Fill in information below and mail \$500 deposit to Lynne Minton, PO Box 11778, Prescott, AZ 86304

NAME _____
PHONE day _____ eve _____ cell _____
EMAIL _____
MAILING ADDRESS _____
PO Box or street city, state zip

DEPOSIT PAID (\$500 PER WEEK) ON (DATE) _____ CHECK # _____

EMERGENCY CONTACT INFORMATION:

Name _____ Phone _____

CANCELLATION POLICY:

- Prior to October 1, 2018 full refund less a \$100 processing fee.
- October 1 to November 15, **2018**, the full deposit is non-refundable.
- After November 15, 2018 the full cost is non-refundable unless your space is filled. If filled, full refund less deposit.

Checks payable to **LYNNE MINTON** Mail to **PO Box 11778 Prescott, AZ 86304**

INFORMATION TO SEND BY OCTOBER 1, 2018

Calculate balance due AND mail in with your balance by October 1, 2018

BALANCE DUE CALCULATION: DETERMINE COST PER WEEK FROM ROOM AND RATES ON REGISTRATION FORM ABOVE

Cost per week _____ X 2 _____ \$ _____
Deduct \$200.00 if staying week 3 - \$200.00
TOTAL _____
Less deposit _____
TOTAL DUE BY OCTOBER 1, 2018 \$ _____

AIRLINE AND TRANSFER INFORMATION

NAME _____

ARRIVAL DATE _____ TIME _____

FLIGHT # _____ AIRLINE _____

DEPARTURE DATE _____ TIME _____

FLIGHT # _____ AIRLINE _____

ROOMMATE PREFERENCE _____

ROOM PREFERENCE if available _____

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 _____.

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.