

## RETREAT DETAILS

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### DATES

Oct 14 – 21, 2017

Check-in after 2pm – Check-out before noon

### LOCATION

Hui Ho'olana Retreat Center in Moloka'i, Hawaii

### Total Retreat COST: \$2,300

Includes stunning accommodations and all home-cooked, delicious meals. Cost does not include flight and transport to Hui. See travel info.

\$500 for non-refundable deposit to reserve your spot.

Pay with cash, check or credit card PayPal.

**Payment plans available, as well as discounts for bringing a friend or family member!**

Please contact Elisabeth at [Elisabeth@Restorebalancetoday.com](mailto:Elisabeth@Restorebalancetoday.com) to reserve your spot and to ask any questions. (435-640-4885)



### ACCOMMODATIONS

Guests can look forward to an experience that is simple, yet comfortable and close to the earth. Rooms in both the lodge and cabins are non-smoking and may be shared by 2 people. (Couples will have their own rooms, king-size beds). Single accommodations available by request.

### DAILY SCHEDULE

*Sample Day (adjusted as needed)*

7:00AM - Sitting & walking meditation

8:30AM - Breakfast

9:30AM - 12:00PM -Talk, Pranayama & Basic Yoga Asanas, Journaling

12:30 – 1:30PM Lunch

1:30 - 3:30PM - Free time (swim, explore, rest)

3:30 – 6:00PM – Readings - mindful movements and expressions, sharing

6:30PM – 7:30PM Dinner

8:30PM – Sitting & walking meditation (or movie night)

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# HUI HO'OLANA RETREAT CENTER

## Mindful Movement Workshop



The workshop will be hosted at the Hui Ho'olana Retreat Center, a non-profit, tax exempt organization on the island of Moloka'i, Hawaii. Through workshops and volunteer residencies, their mission is to create a self-sustaining facility that supports educational programs and provides an environment for inspiration. A safe haven for the growth and nurturing of the creative spirit.

### MOLOKA'I



There are some magical parts of Hawaii, a place sometimes referred to as the "heart chakra" of the world. The island of Moloka'i is often experienced as the "heart" of Hawaii, both geographically and spiritually. Moloka'i has been the training ground of the Hawaiian Shamans and has been referred to as "Mother Molokai" because of the strong feminine and embracing energy it holds. The Hui Ho'olana retreat center is nestled into the heart of Moloka'i, a heart that is deeply felt and experienced by those who choose to visit.

**Location:** Molokai, Hui Ho'olana - Retreat Center, family owned and operated, it feels like a home! [Hui.ho.org](http://Hui.ho.org)

**Date:** 14. – 21. October, 2017

**Cost:** \$2,300 Write and mail checks to Elisabeth Lentz, 4950 E Meadows Dr., Park City, UT 84098 or pay on line! [www.restorebalancetoday.com](http://www.restorebalancetoday.com) payment plan can be arranged.

**Includes:** 7 nights' accommodation, 2 people sharing a room or cabin; 3 well-balanced meals a day, workshop fees and use of lodge, teaching-facilities, pool and grounds. Single accommodation at additional cost possible.

**Does not include:** Airfare to Molokai and transport from Molokai airport to the Retreat Center (15 minutes). Bodywork is offered on location by licensed local massage therapists, optional and by appointment.

**Reserve your space now:** with a \$500.00 Deposit non-refundable

**Small group size:** 12 – 18 participants.

**Intention of the Retreat:** "A Journey to your True Self, discovering practical ways to live authentically in your daily life, at work and in relationships". Creating the life you are meant to live, with ease and joy.

**Teacher:** Elisabeth Lentz has a degree in Child Development and Social Work. She is a Certified Yoga Instructor and Ayurvedic Yoga Therapist. She studied with Stephen Gilligan, generative coaching and self-relations, and

takes part in his yearly supervision courses. She is experienced in transformative work through Selene Kumin-Vega, currently enrolled in the Embodied Life School Mentorship program with Russell Delman, she also studied the psychology of the Chakras and is certified in Chakra Therapy through Anodea Judith.