



# BREATH of LIGHT



## Summary of Plans

### **Aloha All! We are looking forward to a Wonderful Retreat!**

#### HOURS:

- Workshop hours from 9 a.m. sharp until around 5 or 6 p.m. – depending on how the class flows, times are approximate. It is advised not to schedule anything too close to our ending times, and best to plan nothing in the evenings to allow time for integration, rest, review and study.
- A 1 ½ hour break for lunch and rest, a couple of mini breaks for bathroom and/or snack.

#### MEALS:

- Breakfast is one of Mana's "tonics". It is an herbal cleansing training, as well as offered for your health. Snacking or a smoothie can be taken about an hour after your final drink, if necessary.
- Lunch is a light meal which we have designed to retain energy and flow.
- You will take part in the preparation of these two meals each day as part of the training.
- Meals are priced as low as possible with your assistance in mind, so taking part in the preparation of morning and afternoon meals, and clean-up of all 3 meals, is expected and necessary. It is much appreciated if you stick with the clean-up until completely done and dishes are put away.
- For our ocean or other excursions we will pack our lunches.
- Dinners will be catered and delivered, and we will serve ourselves, as well as perform the clean-up. There will be some fish – meals are otherwise vegetarian and/or vegan.

#### EXCURSIONS:

- After the 4 days of training we plan to integrate the course within the magic and grace of Maui's natural splendors. We will have opportunities to experience many of these adventures - snorkeling, swimming, hiking, boating, close encounters with Sea Turtles, Dolphins and any other members of our colorful ocean family who may decide to join us.
- We remain flexible within a myriad of wonderful options, as all plans are weather-permitting, and Divinely timed, of course.
- Bring your own snorkel gear if you have or these may be rented prior to the retreat.

#### OTHER ITEMS:

- Accommodations are set within a beautiful tropical forest setting.
- Dormitory-like setting, shared rooms. Days prior to and after the retreat may be booked in addition, in advance, depending on availability.
- Current rate for taxi to and from the Center is \$3.00 per mile, so about \$48 each way. Travel time is about 25 minutes. Cars can be rented as well. If renting can coordinate with one or more other retreat participants. Contact list provided in advance for communication with each other.
- Not walking distance to shops or beaches.
- Other items to pay for are transportation for our excursions and rental for snorkeling gear. Around \$15 per person for transportation each of the two days, and about \$20 for a weekly rental of snorkel gear, or \$30-\$40 for package of wetsuit top and snorkel gear.
- Hot tub available in the evenings.
- There is no TV or phone; limited internet access.
- Temple available at all times for sitting/meditation or practice work.
- Tips for our Teacher, and contributions, are welcomed and greatly appreciated.