

Restore & Renew

Yoga & Meditation Retreat



Heavenly Hana

HANA, MAUI, HAWAII



February 27- March 5, 2017

Restore and renew in Heavenly Hana, truly one of the last undeveloped tropical paradises on the Valley Isle of Maui. Maui's energy is incredibly feminine and abundant. There is a heavenly comfort radiating from the heart chakra and a visceral experience of being nurtured and held. Includes daily yoga, meditation, hula lessons and excursions to some of Maui's most sacred sites. Our hosts will be the beautiful Ala Kukui, a wellspring for Hawaiian arts, healing, yoga and community.



Great options for free time in Hana include

Seven Sacred Pools – Oheo Gulch;

The Hana Lava Tube; Wai'anapanapa State Park – Black Sand Beach, Blow hole & more;

Piilanihale Heiau – one of the largest Hawai'ian temples



Register Today

ONLINE

innersmileyoga.org/workshops-and-retreats/
BY CHECK

10230 Kinross Road, Roswell, GA 30076

FOR MORE INFORMATION

teresa@innersmileyoga.org

415.713.7961

innersmileyoga.org

www.alakukui.org

COST \$2595

double occupancy, possible single occupancy upon request.

- Includes daily yoga and meditation; 6 nights accommodations; 3 Hula/Huna teaching sessions; day excursion to Haleakala with option to bike down; all meals, organic and fresh-sourced locally with exception of one or two meals during our excursion day.
- Does not include airfare; optional rental car (ground transportation can be coordinated); massage, energy treatments or other excursions; travel insurance

DEPOSIT, PAYMENT & CANCELLATION POLICY \$600 deposit holds your space. The balance of \$1995 is due by January 1, 2017. No refunds or cancellations after November 15, 2016. Travel insurance is strongly recommended. There are many travel insurance companies, but Travelex and STA are two of the best.



TERESA OWEN has been studying yoga since 1997. She is trained in the Iyengar style with an eclectic mix of intensive work with Forrest Yoga, Vini, Shadow and Yoga Therapy. Primary influences include Tias Little, Aadil Palkhivala, and Mark Horner. Teresa's approach reflects her experience as a longtime competitive athlete, health-care advocate, event and group facilitator, wife and mother of two young adults. She weaves together life experience, love of yoga and spiritual exploration, with an eye toward keeping her classes both accessible and challenging.

In addition to being a dedicated Yogini, Teresa is long-time competitive and ocean swimmer and veteran of many trips to the islands. The water is her second home and she is thrilled to share her experience.