

# Yoga Hale Surf & Yoga Retreat 2009

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## *Day-by-Day Itinerary*

### Day 1 (Friday):

The Big Island of Hawaii awaits you as you arrive in scenic and beautiful Kona, your home for the next 7 days. Airport transportation from Kona International at Keahole Airport is provided complimentary on your first day. Depending on your flight arrival time and transport time, you'll have plenty of time to take a dip in our salt water pool, explore nearby White Sand or Kahalu Beach or relax in your comfortable accommodations. Later that evening, enjoy a **Welcome Dinner** featuring fresh island fruits, vegetables, fish and meats. Say "Aloha" and introduce yourselves to our family and guests for the next week. (*Dinner*)

### Day 2 (Saturday):

The day begins early at 6am, with a walk in silence to Magic Sands beach for a 1-1.5 hour **morning yoga instruction**, followed by a **light breakfast**. Afterwards, join us in our kitchen and pack a nourishing lunch to take with you for our afternoon beach excursion.

In the afternoon, it's your choice! We'll head out to a nearby Beach for a day of surfing, stand up paddle surfing or **surf instruction**†. Or stay indoors for your first **culinary or art lesson**†. It's your retreat, so choose an activity that suits you. If you choose to surf, be aware that there may be days when there's no swells to surf, so instead we'll Paddleboard or do other water activities. Don't worry if you didn't bring your board. Rentals boards are available.

Or if you just want to be near the water without surfing, take the day to swim on crystalline blue waters of Hawaii's Big Island or relax and read a book on the white sandy beach of this gorgeous Hawaiian day. Before dinner, join us for 1-hour Vinyasa Yoga session. In the evening, watch the colorful Hawaiian sunset as we prepare a delicious **dinner**. "Talk story" and converse and get to know our newfound friends. (Light Breakfast, Lunch, Dinner)

### Day 3 (Sunday):

Depending on the weather today, we start our busiest day of the retreat early at 5:30 am with a nourishing **light breakfast**. Afterwards, pack a light jacket, snacks and lunch before we head out to the **Buddhist Temple** for a short visit. Then, we drive to Kalani for a late morning "**Ecstatic Dance**" session. We spend 3 hours hear listening as the spin different octaves of rhythm while you peel the layers of your daily life and set your mind and body free to the music. Dance the day away free from judgment as everyone's body sways freely to the sounds. There is no drinking or drugs allowed and donations of \$3-5 are welcome. In the afternoon, we head out **Kahena Black Sand Beach** which features spectacular black sand and an array of dolphins nearby. Please don't take any of the black sand home with you, as the wildlife in this area is dependent on the rare sand to survive. Surf, Snorkel or venture out to the Hot Springs in this popular and scenic locale. We stop for **dinner** early tonight at a local restaurant (dinner on own) before heading out to Mauna Kea Summit, the highest peak in the world to watch another gorgeous Hawaiian sunset. (*Light Breakfast & Lunch*)

#### Days 4-5 (Monday-Tuesday):

Start the day at 6am with a **walk in silence** to Magic Sands Beach followed by a **morning yoga instruction** and a delicious **light breakfast**. Afterwards, pack a **lunch** as it's your **free time** to explore the island! Go shopping, or visit the beach to surf or paddleboard, snorkel or relax. Or if you'd like to take another **culinary or art lesson**, it's your choice. It's your afternoon to do as you wish. At night, we convene a 1-hour Vinyasa yoga session then afterwards, an island style dinner where we talk story and converse about our adventures so far. *(Light Breakfast, Lunch, Dinner)*

#### Day 6 (Wednesday):

Good morning to our final full day in Kona on Hawaii's Big Island. The day starts at 6am with a **walk in silence**, followed by **morning yoga instruction** and **light breakfast**. Pack a **lunch**, as we head out for an exciting Hawaiian adventure courtesy of Sea Hawaii Rafting! Come aboard on a **Zodiac ride to Kealakekua Bay†** where we'll enjoy 4 hours of snorkeling, Sea Cave and Lava Tube exploration, and history and folklore narration. After our fun-filled day, we head back home for one final Vinyasa yoga class and then a final **Farewell Dinner**. Talk story and share memories of the good times of this adventurous and relaxing experience! *(Light Breakfast, Lunch, Dinner)*

#### Day 7 (Thursday):

We say farewell with a final **walk in silence** and **morning yoga instruction** followed by a **light breakfast**. The rest of the day is yours to explore the island as you wish; go shopping, head to the beach or make arrangements for your departure. *(Light Breakfast)*

#### **Things to Know:**

\* Rush Hour times on the Big Island are Monday-Friday between 3:30-5:30. Please **do not** schedule your flights during these times to ensure prompt arrival and departures from Kona International at Keahole Airport.

\*\*Airport transportation on your final day is **not** complimentary. Airport transport to Kona International at Keahole Airport is available for a nominal fee of \$35. Please make arrangements with our hosts.

† Additional fees for surfing lessons, art & cooking classes and Zodiac Tours.

\*\*\*Need extra nights? Nightly [rentals](#) are available. Please speak with your hosts to make reservations for additional nights.