

CHRISTY BROWN

YOGA RETREAT IN KILAUEA, KAUAI

February 21-26, 2014



Join Christy in Kauai, during the peak of the humpback whale season, for daily yoga consisting of gentle, mixed-level Vinyasa Yoga followed by a restorative but deep Yin Yoga practice. There will be plenty of free-time to take your gourmet lunch on adventure outings to explore the magic of the island, go whale watching, walk to nearby, stunningly beautiful beaches, or simply relax, restore and rejuvenate.

Delicious meals will be lovingly prepared by our star chef using organic ingredients sourced largely from local farms and farmer's markets. Kauai's winter greens, mouth-watering fruit and other garden-fresh produce will be highlighted to delight our senses and nourish body, mind and spirit. Fresh-caught fish, shellfish, or chicken will be available with dinners at additional cost (please indicate your meal option when registering). Gluten-free and dairy-free available. Please let us know in advance of any food allergies.

The retreat will take place at a beautifully landscaped, private estate located on 5 magnificent acres, with ocean views, exquisite Balinese architecture and decor, a large pool and stone hot tub, and organic vegetable garden. The nearby Kilauea Point National Wildlife Refuge is home to the historic Kilauea Point Lighthouse, a superb spot for watching humpback whales.



Christy Brown

christybrownyoga.com

ACCOMMODATIONS:

Camping (2 spaces available):	\$995
Dorm:	\$1,235
Triple/Quad:	\$1,545
Double:	\$1,725
Single:	\$2,135
Off-site lodging (no meals):	\$595
Off-site lodging (and meals):	\$895

All prices above are on a per person basis. Includes five nights at the retreat center (unless you choose off-site lodging) and all meals unless otherwise stated, starting with dinner on the night of February 21. Airfare and transportation are not included. Full balance due 1/1/2014.

REGISTRATION INFORMATION:

Arrival: Friday, February 21 at 4pm

Departure: Thursday, February 26 at 11am



REGISTER NOW!

Contact Christy at 415.793.8684
or christybrownyoga@gmail.com

Limited space available. A non-refundable deposit of \$500 is required to reserve your space.

RETREAT POLICY: An advance deposit of \$500 is required to reserve your space on this retreat. All deposits are non-refundable and non-transferable.

