



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

ASHTANGA MAUI YOGA RETREAT



February 16–25, 2017

Escape the winter, replenish your Vitamin D, and come to Maui. Enjoy Hawaiian sunshine, beautiful blue Pacific waters, wonderful waterfalls, private yoga classes, and plenty of good local food. 10 Days Hawaiian Yoga Vacation :) made affordable.

**Costs and what you need to get there:
\$1200 for 10 days includes:**

- ☯ Our own full house with big kitchen and wrap around porch. 5 shared bedrooms (2 people each) with a big master suite (\$100 extra each person for the master suite)
- ☯ 5 Private yoga classes with our group and Nancy Gilgoff
- ☯ Our own private Breakfast chef
- ☯ A large, local, organic, farm-to-table breakfast prepared each day with all the amenities; pastured eggs, vegetables from our local farmers, yogurt, cottage cheese, Maui fruits (galore!), local raw honey, nut and seeds, miso soup, coffee, tea, fermented foods, etc.
- ☯ Concierge services on where to go and what to do to most enjoy your Maui days.

You can reserve your space with a \$250 deposit payable to Bobbi Misiti or BeFit Body & Mind Yoga. Payment in full due by Jan. 31, 2017.

No refunds on yoga classes if you choose not to participate each day. If you get your period you may come observe (you will still learn so much just by watching), but there will not be any refunds for ladies holiday, sorry.

You have to have a consistent ashtanga practice to participate in this retreat.

Other expenses paid by you directly to provider:

Airfare

\$700.00–\$1100.00 approx. airfare for travel from MDT – OGG (Kahului Airport)

Car Rental (YES you need a car)

www.halfpricerentacar.com – A small business a friend of mine owns.

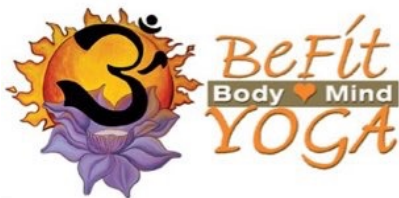
A car for 10 days will be approx. \$400.00 for 10 days

(Every driver will have to have their own insurance : liability, comprehensive , collision with \$250 or smaller deductible, current drivers license and a credit card.)

NOTE: If several are staying at the same place you can share a car between 2–4 people.

Yoga at House of Yoga and Zen (other classes outside of our 5 private classes with Nancy)

\$15.00 per class, cash or check made payable to Nancy Gilgoff.



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Schedule:

Please note schedule is subject to change! Weather changes frequently on Maui (and moods too!); excursions need to be planned around the weather. All activities are optional! I can make many recommendations outside of these excursions if you would like to explore Maui more.

Thursday Feb. 16

Arrival day. Airport pick-ups, food shopping, settling in etc.

Friday 2/17

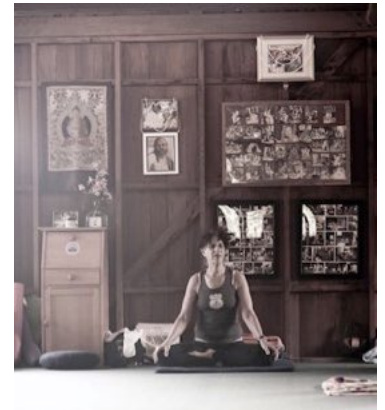
Option 8:00am Mysore with Nancy at HYZ (\$15) or

9:00am – Mysore with Bobbi (no extra cost)

11:00 – Breakfast

Recommended activity for the day? BEACH

Baldwin beach in Paia, shop Mana foods, and dinner in Paia



Saturday 2/18

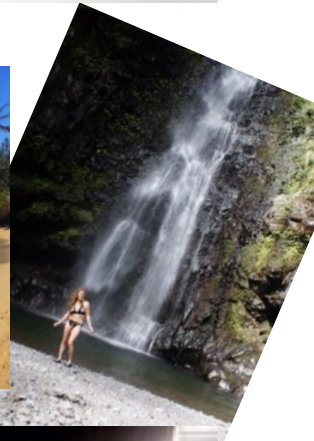
Option 9:00am Mysore with Vanessa at HYZ (\$15) or

9:00am – Mysore with Bobbi (no extra cost)

10:30 – Breakfast

Suggested activity for the day? Waterfall Hike

Sunset at Hookipa



Sunday 2/19

9:45am Private Ashtanga Class with Nancy

11:15 – Breakfast

Suggested activity: South side beaches of Wailea or Makena

Explore La Peruse late afternoon

Dinner in Kihei

Monday 2/20

8:00am Mysore with Casey (\$15) or

8:00am Mysore with Bobbi (no extra charge)

10:00 Breakfast

Suggested activity for the day – Hana Highway.



Tuesday 2/21

9:30am Private Ashtanga class with Nancy

11:00 Breakfast

Recommended for the day? Chill day. For sunset watch turtles at Hookipa Beach Park.

Wednesday 2/22

9:30am Private Ashtanga Class with Nancy

11:00 Breakfast

Recommended Activities: Farmers Market in Kula, coffee at Grandmas coffee house, explore Kula, Ulupalakua, Tedeschi Winery, or the Lavender fields OR Whale watch with Pacific Whale Foundation

Thursday 2/23

9:30 Private Ashtanga Class with Nancy

11:00 Breakfast

Suggested activity? BEACH DAY! Lahaina side. Puumana?

Friday 2/24





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9:30 Private Ashtanga Class with Nancy
11:00 Breakfast
Recommended for the Day? Visit Iao Valley and Wailuku

Saturday 2/25

9:00 Mysore with Vanessa (\$15) or
8:00 or 9:00 Mysore with Bobbi (no cost)
Free time, pack up and get ready for home.



Where we are Staying: Haiku Yoga Hale

2 people per room (shared). Master Suite is extra cost, all other rooms are first registered, first choice.

Master Bed Room (big hot Tub, Walk-in Closet, Private bathroom)

\$100.00 per person EXTRA FEE

Queen bed bedroom in back left (attached bathroom, but shared with office bedroom):

Full bed bedroom in back right (shared bathroom with twin room)

2 Twin beds Bedroom (shared bathroom with full room)

Queen bed office room (will share bathroom with queen room).

