

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

MAUI 'A LA CARTE' --ASHTANGA YOGA RETREAT



February 14-21, 2016

Yoga Classes at Nancy's studio House of Yoga and Zen, waterfall hikes, swimming in beautiful blue Pacific water, enjoying/exploring Maui, and Hawaiian sunshine :)

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

Costs and what you need to get there:

\$300.00 registration fee (non-cancelable, non-refundable) payable to Befit Yoga

\$350-\$450 House Rental per person for first 10 people who register payable to BeFit Yoga. The house we rented accommodates 10 people only. Beyond that I can help you find a place to stay but you will be responsible to pay for it (it will most certainly be more expensive). We will be staying at the Haiku Yoga Hale, which is next door to Nancy's shala :) The hale is reserved for us from February 12 - 22, 2016.

All other expenses are 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 \$325.

(Ten days is \$325. 2/12 - 2/22 may count as 11 days if they leave late and arrive early, then the price will be 10% more = \$357. 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

\$15.00 per class or 10 classes/\$120.00 cash or check made payable to Nancy Gilgoff

All other expenses, including food and excursions, you pay for as you need. All the planned excursions cost very little money to none at all.



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Schedule:

Please note schedule is subject to change! Weather changes frequently on Maui and 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 on your own.

Saturday

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

Sunday

10:00am Yoga – Yoga with Bobbi

12:00 Breakfast at Casa Nova

2:00 – “Asthanga Beach”

Early Evening – Paia, Mana foods, and dinner in Paia

Monday

10:00am Yoga w/ Bobbi

Noonish – Breakfast at Colleens

afternoon – Waterfall Hike (Flat Rock or Twin Falls)

Sunset at Hookipa

Evening – Dinner cooking together fresh Maui food

Tuesday

8:00am Yoga – Led Second with Nancy or Led Primary with Casey

10:00 Breakfast at Baked

Noonish – Secret Beach

Early Evening – if still at beach, whale watch or explore makena/la peruse

Evening – Dinner in Kihei?

Wednesday

8:00am Yoga – Mysore with Nancy & Casey

10:00 Breakfast at Casa Novas

Noonish – ?

FREE EVENING

Thursday

8:00am Yoga – Mysore with Nancy or Led Primary with Casey

10:00 Breakfast in Paia

11:00 – Hana Highway

Friday

8:00am Yoga – Mysore with Nancy & Casey

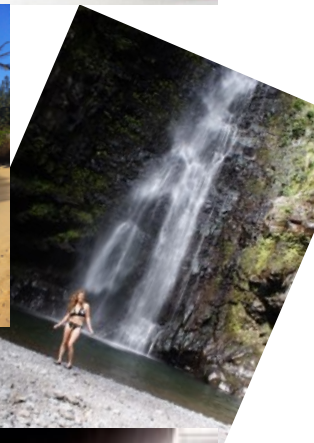
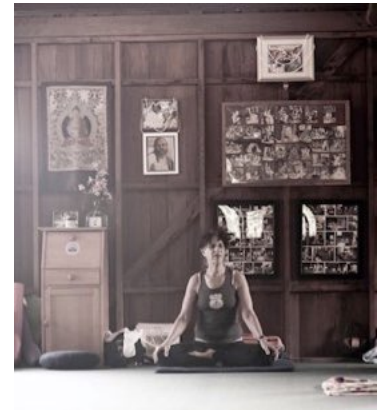
BEACH DAY! Lahaina side?

Puamana? or Ukamahami?

Snorkel, fins and masks, surf boards, boogie boards will be available

Saturday

NO YOGA Free day . . .





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Haiku Yoga Hale

Rates for 10 day stay February 12-22, 2016
2 people per room, 5 rooms total

Master Bed Room (Tub, Walk-in Closet, Private bathroom)
\$450.00 per person

Queen bed room:
\$350.00 per person

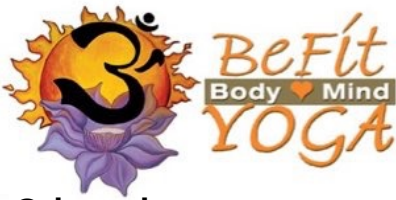
Full bed room
\$350.00 per person

Twin Bedroom
\$350.00 per person

Queen office room
\$350.00 per person

Common Living Space Pictures:





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Other places to stay we may need to use as well:

Gods Peace of Maui www.peaceofmaui.com to book your reservation. Cottage (one king, two twins and two queen size sofa futons. is \$195/night + a one time \$75.00 cleaning fee. Peace of Maui is a nice little family run B&B in Maui's upcountry, close to Nancy's studio. Rooms average \$85.00/night (you can share a room to reduce costs).

Also a little more expensive but a very nice locally run B&B in Makawao close to Nancy's studio is Hale Hookipa Inn, make reservations or check it out at: <http://maui-bed-and-breakfast.com/> .

Other family owned CAR RENTAL businesses that may save you a little money:

Aloha Rent A Car: <http://www.aloharentacar.com/> to reserve.

Also a cool car rental place that rents VW Beetles that uses bio-diesel <http://www.bio-beetle.com/>