



Bobbi Misiti, FMCHC  
Yoga & Health Coaching  
717.443.1119 befityoga.com

## MAUI Yoga & Lifestyle Retreat



### February 19–27, 2019

Escape the winter, replenish your Vitamin D, and come to Maui. Enjoy Hawaiian sunshine, beautiful blue Pacific waters, wonderful waterfalls, yoga classes, and our own private chef preparing plenty of good local food.

8 Days Hawaiian Yoga Vacation :) made affordable.

### Costs and what you need to get here: \$1100–1400\* for 8 days includes:

- 🌀 Our own full house with 2 kitchens, a big lanai (porch), 2 master bedrooms, a loft with 3 queens, and an optional bungalow cottage.
- 🌀 Yoga, meditation, and mini health coaching/lifestyle workshops including food & nutrition, avoiding chemicals, aromatherapy and grass roots home (f)armacy health care.
- 🌀 Our own private Brunch chef – Lala Naidu founder of [www.livnaloha.com](http://www.livnaloha.com)
- 🌀 A large, local, organic, farm-to-table breakfast/brunch 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. This is a large meal that can be a main meal for your day.
- 🌀 Concierge services on where to go and what to do to most enjoy your Maui days.

**\*Rooms vary in price, see below to choose your room and price.**

You can reserve your space with a \$250 deposit payable to Bobbi Misiti or BeFit Body & Mind. Payment in full due by Jan. 31, 2019.

### 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.aloharentacar.com](http://www.aloharentacar.com) – A small local friendly business I use often.

A car for 8 days will be approx. \$400.00 or less.

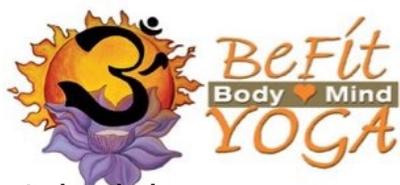
(Every driver will have to have their own insurance : liability, comprehensive , collision with \$250 or smaller deductible, current drivers license and a credit card.)

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 with Nancy :)

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

All other meals/food outside of our one big meal each day.



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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.

Tuesday 2/19

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

Wednesday 2/20

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

9:00 yoga and/or health coaching w/ Bobbi at house

10:30 – Breakfast

Recommended activity for the day? BEACH

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

Thursday 2/21

8:15 Mysore w/Nancy or Primary w/Casie at HYZ (\$15)

9:00 yoga or health coaching w/ Bobbi

10:30 – Breakfast

Recommended Activities: Waterfall hike. Sunset at Hookipa with the turtles (honu :)

Friday 2/22

8:15 Mysore with Nancy (\$15)

10:00 – Breakfast

Suggested Activity: Hana Highway

Saturday 2/23

DAY OFF of Practice

9:00 – Optional therapeutic yoga or workshop w/Bobbi

10:00 Breakfast

Suggested activity: South side beaches of Wailea or Makena

Explore La Peruse late afternoon

Dinner in Kihei

OR Whale watch with Pacific Whale Foundation

Sunday 2/24

8:15 Led Primary w/ Nancy (\$15) or

9:00 Mysore/health coaching w/ Bobbi

10:30 Breakfast

Recommended for the day? Chill day.

Monday 2/25

9:00 Mysore with Bobbi

10:30 Breakfast

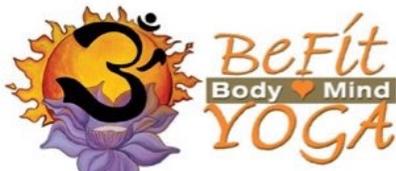
Suggested activity for the day: Coffee at Grandmas coffee shop in Ulupalakua, Thompson Road walk, explore Kula, Ulupalakua, Tedeschi Winery or the Lavender fields.

Tuesday 2/26

8:15 Led 2nd w/Nancy & Primary w/Casie (\$15)

9:00 yoga or health coaching w/Bobbi

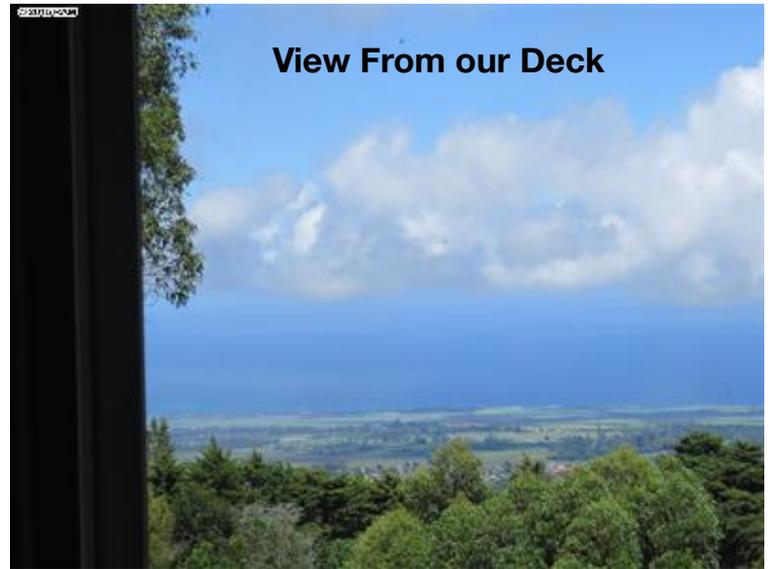




10:30 Breakfast  
Suggested activity? BEACH DAY! Lahaina side.  
Puumana? Night out! Dinner in Lahaina at Lahaina Fish Company.

Wednesday 2/27

8:15 Mysore with Nancy (\$15)  
10:30 Brunch with foods to take with you  
Free time, pack up and get ready for home.



**View From our Deck**

## Olinda Retreat Center

Our Retreat House in Olinda, just a short breathtakingly beautiful drive to Makawao and Nancy's studio.

Upper Level features our main kitchen, a bedroom with a Cali King sized bed, a loft with 2 Queens and 1 full sized beds -all with an ocean view from the bed, and 1 main bath\* upstairs with full tub. See it [here](#).

\*We have a second bathroom available for those in the upstairs — it is a very nice, newly renovated, full bathroom just a few steps outside to the carport of the main house.

Lower level guest house features a big master bedroom with a king sized bed and its own private bathroom, 2nd kitchen, and large open living room which we will use for our yoga & workshops. See it [here](#).

We also have a private bungalow cottage available for two people to stay in (if we have more than 7 people register) that has its own bathroom and mini kitchen. See it [here](#).

Pricing as follows, price includes room, main meal each day, and our private chef:

\$1100 per person for up to 3 people in the upper level loft (3 queens each with ocean view)

\$1300 per person for 2 bedroom (queen) on the upper level close to main bath

\$1400 per person for 2 in the master bedroom on the lower level (Cali king bed + private bath)

\$1400 per person for 2 in the cottage bungalow (private bed, bath and mini kitchen)

**Lanai with ocean view**



**Hiking Trail close to our home**



**Yoga & workshop space**

