

# Makoto Kai Yoga Camp - Hawai'i , 2011

**WHERE IS IT?** YMCA Camp Naue is literally on the beach on the north side of Kauai, near Hanalei Bay  
Check out Google Maps, type in: Haena, Hawaii, corner of Kuhio and Alealea  
Then click on "satellite" for a photo view

Check out Camp Naue on a video someone made.

The commentary is a little comical if you imagine he was making it for us!

<http://youtube.com/watch?v=DgRQf2q-h2o&feature=related>

**WHEN IS IT?** May 15 to May 22, 2011

**HOW MUCH?** \$1,000 includes:

Rental cars to share (3-4 per car). Yoga classes - 2 daily. A cot in a cabin with about 8 people per cabin.

ALL meals - bag lunches can even be packed for touring

**CAN WE BRING TENTS?** Space is available - bring a tent if you prefer.

**WHAT ABOUT THE BEDS ?** Bring your own bedding - twin sheets, pillow and a light blanket  
The mattresses have a vinyl cover, if you like, bring an additional fitted sheet or mattress cover.

## WHAT IS THE DAILY SCHEDULE?

Optional early morning meditation - sometimes in the water!

Morning Yoga Classes will be outside under a canopy.

Breakfast

Free Time (snorkel, surf, body surf - or nothing!)

Lunch

Free Time

Singing

Dinner

Evening Yoga 7:30-9:00

## THIS IS "CAMP"

We all contribute a little to the chores - sweeping, washing dishes, general clean-up.

**AIRFARE:** You purchase. Fly into Lihue, Kauai - Hawaii.

We will send information later on the best flights & fares.

**When you make reservations online, book the flight straight through, Sacramento - Lihue - Sacramento and the computer will manage the flights all the way through**

**QUESTIONS?** Cynthia Frueh, Director 530-662-5662 [cynthia@makotokaihealingarts.com](mailto:cynthia@makotokaihealingarts.com)

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## Makoto Kai Yoga Hawaii, 2011

Registration

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

MEALS, CIRCLE ONE: Vegetarian Vegan No Special Meals

T-SHIRT SIZE, CIRCLE ONE **Men's** Sm Med Lg XL **Women's** Sm Med Lg XL

**Agreement** "I understand the following: The \$200 deposit is non-refundable. The remainder of the fee (\$800) is due by March 15<sup>th</sup>. The full fee of \$1,000 is non-refundable after April 15<sup>th</sup>, 2011."

\_\_\_\_\_  
Signature - I understand the above agreement

\_\_\_\_\_  
date

**Make out your check for the \$200 deposit and mail with this registration to:**  
**Makoto Kai 443 First St Woodland, CA 95695**