

Makoto Kai Yoga Camp – Hawai'i 2012

May 13-20, 2012

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>

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

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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 February 15th. The full fee of \$1,000 is non-refundable after April 1, 2012."

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