

Hawai'i Yoga Camp with Makoto Kai May 15 to 22, 2016

WHERE IS IT? YMCA Camp Naue - 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.

WHEN IS IT? May 15 to May 22, 2016

HOW MUCH? \$1,025 PayPal/Credit Card (discount price \$1,000 for cash/check)
Includes: Rental cars to share, 3-4 per car ALL meals
Meditation and 2 Yoga classes daily
A cot in a cabin with about 4 people per cabin

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

CAN WE BRING TENTS? Yes! It is a great place for tenting

WHAT IS THE DAILY SCHEDULE?

- Sunrise swim in paradise
- Meditation
- 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

THIS IS "CAMP" We have some chores - sweeping, washing dishes, general clean-up.

AIR TRAVEL: You purchase your own ticket to Lihue, Kauai Island, Hawaii.
Best west coast prices are usually Hawaiian Airlines. **From your home airport** reserve to Lihue.
The computer puts in a Honolulu layover. Pick the earliest inter-island flight you can.
If you reserve **Alaska Airlines** from Oakland, make sure it is direct to Lihue, not first to *Seattle!*

QUESTIONS? Cynthia Frueh, Director 530-662-5662 cynthia@makotokaihealingarts.com

- - - - Detach Here - - - -

Registration for Makoto Kai Yoga Hawaii

NAME _____ CELL PHONE _____

E-MAIL _____

MEALS, CIRCLE ONE: Vegetarian Vegan No Special Meals

Agreement "I understand that the \$200 deposit is non-refundable, the next installment of \$400 is due December 1, 2015, the final installment of \$425 (or \$400) is due February 15, 2016 and the full fee of \$1,025 (or \$1,000) is not refundable after April 11, 2016."

Office Use

"My signature, above, indicates that 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