

# HEALING HEART RETREAT®

November 23-30, 2008

- DAY 1 - we greet you at Honolulu Int'l. Airport and drive you to our retreat home 30 minutes from Honolulu  
- you settle into your rooms, followed by an organic lunch prepared by our retreat chef, Shar.  
- orientation and shopping for personal supplies  
- optional energy healing, lomilomi or hula lessons are available
- DAY 2 - organic breakfast and lunch prepared by our retreat chef, Shar.  
- a relaxing morning walk to a sacred site hidden in the mountains  
- receive Kapu Kai, an ocean blessing, from Kumu Pua as we swim in a cove where sea turtles play  
- evening is free.
- DAY 3 - organic breakfast and lunch prepared by our retreat chef, Shar.  
- three hour Energy ALIVE healing class taught by Henri Rand Furgiuele  
- visit a native garden where Kumu Pua teaches us about Hawaiian healing trees, flowers and herbs  
- we prepare our kihei cloth, a ceremonial garment which we wear to sacred sites and during hula
- DAY 4 - organic breakfast and lunch prepared by our retreat chef, Shar.  
- three-hour Energy ALIVE healing class taught by Henri Rand Furgiuele  
- Kumu Pua guides us in heiau preparation, and teaches us three Hawaiian oli (chants)  
- at twilight, we drive to a heiau devoted to healing, and place offerings and chant.  
- we have dinner in a restaurant on the way home
- DAY 5 - organic breakfast prepared by our retreat chef, Shar  
- we drive to a healing pond where ancient Hawaiian chief would swim for blessing (not open to the public)  
- afternoon is free as we prepare for our traditional Thanksgiving dinner  
- ORGANIC THANKSGIVING DINNER - a traditional American holiday, with special foods and meaning
- DAY 6 - organic breakfast and lunch prepared by our retreat chef, Shar  
- three-hour Energy ALIVE healing class taught by Henri Rand Furgiuele  
- hula class taught by Kumu Hula Pua  
- healing under the stars - a group meditation on a quiet beach, far from city lights. Amazing.  
- we eat in a restaurant on the way home
- DAY 7 - organic breakfast and lunch prepared by Shar, our retreat chef.  
- receive Kapu Kai, our final ocean blessing at the turtle cove, and swim with the turtles  
- a brief visit to nearby stores for souvenir and gift shopping  
- final hula and oli practice with Kumu Hula  
- GRADUATION DINNER - and closing ceremony
- DAY 8 - early organic breakfast prepared by our retreat cook, Shar  
- we drive you to Honolulu International Airport, for your flight home

This is our THANKSGIVING RETREAT, held during one of America's most favorite holidays. Included in the retreat will be a traditional Thanksgiving dinner cooked in our retreat home, with special family recipes from Henri and Kumu Pua. Come celebrate the blessings in your life, and learn how to bring more meaning into this time of powerful transformation.

\$3,750 per person, including all ground transportation, lodging, classes and events, organic breakfasts and lunches, and our graduation dinner. Maximum attendees: 6

