



OMLINE ASHRAM

Kauai Health and Spiritual Training Center

PROGRAMS INCLUDED:

- ❖ Daily yoga, meditation, and a delicious and nutritious raw, alkaline diet.
- ❖ Relaxation and exploration of Kauai's magical beauty!
- ❖ Transformational Workshops.

Recreating, healthier body, clearer mind, and a strong spiritual connection to the Divine.

5 DAYS OF TRANSFORMATION AND REJUVENATION

Day 1: Arrival Yoga Asanas Pranayama	Day 2: Yoga Asanas Pranayama Concentration & Meditation Workshop Excursion (North Shore)	Day 3: Yoga Asanas Pranayama Positive Thinking Workshop Excursion (West and South Shore)
Day 4: Meditation, Chanting, and a Talk Yoga Asanas Pranayama Vegan Cooking Workshop		Day 5: Meditation and Chanting (optional) Mantra Initiation Yoga Asanas Pranayama Departure

RETREATS WE OFFER

- ❖ **Small Group Retreat:** up to 7 people. (Shared rooms and bathrooms).

❖ **Private Retreat:** Only for you. You can bring your partner or organize a small group. (Call us for more info).

UPCOMING DATES FOR RETREAT 2017

Yoga, Meditation, and Raw Food Retreats

KAUAI RETREATS	ISRAEL
January 20-24	March 1-4
May 12-16	September 7-10
July 7-11	----
November 24-28	----



GROUP RETREATS: \$2,900.00

All inclusive. Bring your partner or a friend and get \$100 off.



PRIVATE RETREATS:
\$1,000.00/day

All inclusive. Customizable to your needs. The number of days and programs will be discussed in a pre-retreat consultation over the phone or Skype.

As we are currently in between websites, please call for registration:

808-855-5038