

# HEALING HEART RETREAT®

July 20 - 27, 2008

Welcome to the Island of Hawaii, a place well known for its powerful energy and amazing beauty. We will spend seven days experiencing different facets of her personality, from volcano heat to lush gardens, from natural hot springs to cool mountains. But this is not a typical sightseeing tour. Our primary focus will be on healing, on allowing the external vistas we see to open our inner mind, heart and wisdom. Each place we visit has been chosen to energetically support a specific stage in our healing journey, and we will learn about ancient Hawaiian gods and goddesses who best exemplify each transformational step. It is the best of Hawaii designed to evoke the best in ourselves.

We will be joined on this retreat by Kumu Ku'upua Kamealoha, who traces her lineage back to the aboriginal peoples of Hawaii. She is a cultural specialist and has taught hula and other aspects of Hawaiian heritage for many years. She will guide us in how to approach the sacred sites we visit, and share insights about their significance. Through her eyes, we can experience Hawaii not as an ordinary tourist but with deeper perspective, from the inside out.

Another unique feature of the retreat is where we are staying: on a wonderful property with Balinese-style architecture, with hand-crafted buildings surrounded by tranquil gardens. This is not a hotel but a privately owned home, and we will have the property to ourselves. Kumu Pua and I will be staying with you, so there will be many opportunities for all of us to get to know one another, and for healing to take place. By the way, there is a black sand beach only 200 meters away, so we will have easy access to the ocean.

In addition, we are including all organic breakfasts and lunches in the cost of this retreat, and one dinner as well. This minimizes the amount of time and money we spend in restaurants, and nourishes us with a higher quality food. As for the dinners, in previous retreats, participants have enjoyed creating evening meals together, with all of us sharing in the preparation. Some of the most special moments in the retreat have come out of these simple meals!

So I hope you will join us in this week of inner and outer exploration. Let the strength of this Hawaii Island retreat expand your horizons, so that a more joyful you can emerge.

Take care, and until we meet again,

A handwritten signature in cursive script that reads "Henri". The signature is written in dark ink on a light-colored background.

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Home  
for our  
Big Island  
retreat

