

ROOT WHOLE BODY

# Yoga + Wellness Retreat

## DETAILS

**DATES:** Sunday, September 30th – Saturday, October 6th, 2012

**COSTS:** \$3,250 w/o air | \$3,950 with air

Includes accommodations in large, elegant plantation homes (double occupancy), at Waimea Plantation Cottages in Kauai, car rental for you and your roommate, three organic meals each day, optional cooking classes, daily yoga + meditation, extended 90-minute massage, optional group acupuncture, facilitated group and individual sessions with coach extraordinaire Victoria Trabosh, and lots of free time to explore the island. Limited spaces available. \$750 deposit due by May 31st to reserve your spot.

**ITINERARY + MORE INFO:** Available at [rootwholebody.com/kauai-is-calling](http://rootwholebody.com/kauai-is-calling)



**ROOT WHOLE BODY**

2526 NE 15th Avenue, Portland, OR 97212 || 503.288.7668

September 30-October 6, 2012

Waimea Plantation Cottages  
Kauai, Hawaii

A week-long opportunity to put your life on pause, immerse in self-care and reconnect with your soul's true purpose.



## PAUSE + REMEMBER

A week-long opportunity to put your life on pause, explore numerous opportunities for self-care, listen to your internal wisdom while refining your life's purpose, and lose yourself in the beauty of Hawaii's oldest and most spiritual island, Kauai.

Join Pat Johnson, founder of Root Whole Body, for a once-in-a-lifetime opportunity to pause and deepen your relationship with yourself in the sacred and beautiful land from which she was born and raised, Hawaii.

She'll be joined by teachers and healers in yoga, massage and acupuncture, organic food and special guests Victoria Trabosh, executive life coach. Opportunities for:

- Daily morning yoga
- Daily evening meditation
- Massage + Acupuncture
- Facilitated group and individual sessions
- Healthy, organic meals and cooking classes
- Guided hike opportunity on Naapali Coast (called the grand canyon of the Pacific)
- Lots of leisure time including rental car



"You feel the spirit of this island once you land. If Hawaii and Oregon had a love child, it would be Kauai."