

**root whole body**  
 kauai yoga + wellness retreat  
 september 30-october 6, 2012

	Sunday, 9/30	Monday, 10/1	Tuesday, 10/2	Wednesday, 10/3	Thursday, 10/4	Friday, 10/5	Saturday, 10/6
7:00am - 8:30am		7:00am Vinyasa Yoga	7:00am Vinyasa Yoga	7:00am Vinyasa Yoga	7:00am Vinyasa Yoga	7:00am Vinyasa Yoga	7:00am Vinyasa Yoga
8:45am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10am-1pm		Session - DECONSTRUCT	Session - REMEMBER	Session - REFOCUS	Group Excursion 10am-4pm	FREE DAY	Departure
						90-min massage (2 slots) 90-min massage (2 slots)	
1:15pm - 2:00pm	Check-in and Settle	Lunch Afternoon Leisure Time	Lunch Afternoon Leisure Time	Lunch Afternoon Leisure Time		Lunch	Checkout
		3-4:30pm 90-min massage (2 slots) 5-6:30pm 90-min massage (2 slots)	90-min massage (2 slots) 90-min massage (2 slots)	90-min massage (2 slots) 90-min massage (2 slots)		90-min massage (2 slots) 90-min massage (2 slots)	
5:30pm - 7:00pm	Welcome   Opening Ceremony Group Dinner	Cooking Class (optional) Dinner	Cooking Class (optional) Dinner	Cooking Class (optional) Dinner	Dinner	Farewell Dinner	
						Closing Ceremony	
9:00pm	Meditation + Group Acupuncture	Relaxing Yin Yoga + Group Acupuncture	Meditation + Group Acupuncture	Relaxing Yin Yoga + Group Acupuncture	Meditation + Group Acupuncture		

Classes + Sessions
  Leisure Time
  Excursions + Events
 [ While all activities are optional, we encourage you to participate in as much as you're able for the most meaningful experience. ]

Details: Sunday, September 30<sup>th</sup> – Saturday, October 6<sup>th</sup>, 2012

Costs: \$3250pp without air | \$3950 with air

Includes accommodations in large, elegant plantation homes, with private bedrooms (double occupancy shared with a roommate), living rooms, full kitchens and meditation areas at Waimea Plantation Cottages in Kauai, car rental for you and your roommate, healthy and organic meals, optional cooking classes, daily yoga + meditation, 90-minute massage, optional group acupuncture, facilitated group and individual sessions with coach Victoria Trabosh, and lots of free time to explore the island. Limited spaces available.

Deposit: Reservations are on a first-come, first-serve basis. \$750 reservation deposit due by May 31st. Your \$750 deposit is refundable in full prior to May 31, 2012.

Payment: Balance due no later than June 30, 2012. Please inquire about other arrangements for payment.

Reservations: By Phone: (503)288-7668 Online: [rootwholebody.com/kauairetreat](http://rootwholebody.com/kauairetreat)