

Mahalo.

Hawaii Island Retreat Center boasts 50 acres of self supported green living.



Sarah & Shaney invite you to retreat to Hawaii Island's North Kohala Coast. Join us for 7 days & 7 nights as we blend the practices of vinyasa & restorative yoga. Collectively bringing to light mindfulness, emotional intelligence & personal power

double lodge \$2175 | triple lodge \$1975 | double hale \$1840

price includes: yoga, accommodations, organic meals & HI tax
\$500 non-refundable deposit to shaney or sarah

shaney@shaneyaalbers.com or 971.998.3698
sarah@tinybench.com or 503.957.2202

www.hawaiiislandretreat.com





Aloha.

SPRING YOGA RETREAT

with Shaney Aalbers and Sarah Robinette

APRIL 14-21, 2012

Hawaii's Big Island, North Kohala Coast