

Hawaii Health Getaway Itinerary September 3-10, 2009

Thursday, 9/3

- 3 pm** Check in/ Beach walk or Swimming at Hanalei Bay
- 6 pm** Welcome Dinner
- 7 pm** Opening Circle & Journaling for Health (2 CE)

Friday, 9/4

- 7 am** Beach Walk
- 7:30am** Breakfast
- 8:30am** Excursion to Ke'e Beach for snorkel or swim; hike to Hula Heiau to learn Kalana Hula and Ancient Hawaiian Huna Principles (1 CE)
- 1 pm** Lunch
- 2 pm** Hawaiian Huna Healing Techniques with Fern Merle-Jones (2 CE)
- 4 pm** Health Benefits of Yoga and Meditation with Karen (2 CE)
- 6 pm** Dinner & Entertainment in Hanalei Town (your choice)

Saturday, 9/5

- 7 am** Morning Stretch/Beach Walk
- 7:30am** Breakfast
- 8:30am** Hike to Queens Bath
- 1 pm** Lunch in Hanalei Town (your choice)
- 2 pm** Food as Medicine with Ann Doherty, RN, CDE (2 CE)
- 4 pm** Compassionate Communication (2 CE)
- 6 pm** Dinner
- 7 pm** Kahi Loa Massage Class with Diane (1 CE)

Sunday, 9/6

- 7 am Morning Stretch/Beach Walk**
- 7:30am Breakfast**
- 8:30am Holistic Health: Focus on Heart Disease & Diabetes with Ann Doherty, RN, CDE (2 CE)**
- 10:30am Health Benefits of Yoga and Meditation with Karen (2 CE)**
- 12:30pm Lunch**
- Free Time for swim, shopping and Lomi Lomi Massage**
- 7 pm Dinner & Entertainment in Hanalei (your choice)**

Monday, 9/7

- 7 am Breakfast**
- 8 am Kayak Trip and Waterfall Hike (mod-strenuous) & picnic lunch or swim at Hanalei Bay with picnic lunch**
- 6 pm Dinner & Entertainment in Hanalei Town (your choice)**

Tuesday, 9/8

- 7 am Beach Walk**
- 7:30am Breakfast**
- 8:30am Natural Lifestyle for Optimal Health with Diane Koerner (1 CE)**
- 9:30am Motivation for Life-long Fitness and Beachfront Stretches & Strengthening with Bev Brody (2 CE)**
- 12 pm Lunch in Hanalei Town (your choice)**
- 1 pm Leave for Snorkeling at Tunnels Beach**
- 6 pm Dinner**
- 7 pm Healing Circle (1 CE)**

Wednesday, 9/9

7 am Breakfast

7:30–2:30 Hike along NaPali Coast to Hanakapiai Beach (strenuous) with picnic lunch *or*

8:30am Botanical Gardens tour (mild) with lunch in Hanalei Town (your choice) and free afternoon for swimming, shopping or massage

5 pm Leave for Luau

Thursday, 9/10

7 am Beach Walk

7:30am Breakfast

10 am Checkout Time

Note: *The schedule is subject to change without notice due to weather or availability.*