Magic of the Big Island, Hangi

with Ramanand Patel May 1-6, 2024



Mana Mauna Studio

Come together at <u>Craig and Kila's</u> <u>studio in Mountain View</u>, Big Island Hawaii (between Hilo & Volcano). The workshop includes 8 yoga classes and a Hawaiian Cultural Talk with <u>Kumu (guru)</u> <u>Hula, Ehulani Stephany</u>

Big Island of Hawaii Yoga Retreat

A 6 Day Yoga Retreat with Ramanand Patel

May 1-6, 2024

- May 1-2 10:45am Welcome! 11-12:30pm Philosophy 3-5:00pm Asana
- May 3 9-11:30am Asana 12:30-2:30pm Hawaiian Cultural Presentation
- May 4 9-11:30am Asana Free Afternoon
- May 5 9-11:30am Asana 11:45-1:30pm Potluck Lunch with Live Hawaiian Music
- May 6 9-11:30am Asana

6 Day Workshop: \$988

Students are responsible for finding their own housing. There are many local airbnb and vrbo rooms and houses that can be shared in the the neighborhood. Search the Mountain View area. Mana Mauna is located at <u>11-3447 Lehua Street</u>, <u>Mountain View</u>, <u>96771</u>. The closest airport is Hilo. We also encourage and will help students to coordinate shared rental cars.

For Questions & to Register Contact Kila Lau:

808-430-0183, kila.yogiam3@gmail.com

\$250 Deposit due by February 14, 2024 Total due by April 11, 2024 Refunds available until April 1, 2024 minus a \$50 Administrative fee