

Magical Spirit! Magical Body!

Finding your balance in a whacky world!

Itinerary

Self Healing Journey

October 20 – 26, 2023

With Intuitive Leaders Carmen Figueras, Christy Carrico, Eric Mader, Claire Elisabeth, Carol Cilliers Blaschke, Liz Tregoning

A blissful and joyful Journey

Arrive in Kona and welcome reception from your Journey Leaders

Pick up car rentals for the drivers

Accommodation: Hale Kai Retreat Center, 1 hour south of Airport.



Please note Hawaii is 3 hours earlier until November 1 and then it will be 2 hours earlier than California.

Itinerary: As you will find out in a moment, the itinerary is packed with fun activities for you to enjoy your body and your spiritual growth. Please note that there will be changes in the itinerary depending upon our communication with dolphins and everyone's energy level... so please be flexible, amused, and open to creating even more fun!

Day 1 Friday October 20

The day we've all been waiting for!! Our healing adventure in Kona (officially) begins today! Enjoy your flight from San Francisco to the Big Island of Hawaii – as you travel, say hello to the trip bubble set at *Ocean Blue with Mango*. At the airport in Kona (Big Island), you will be greeted by Carmen, our spiritual tour leader. The drivers will go with Carmen to pick up rental cars, return to terminal to pick up other travelers. Then we have a short drive into town (Kailua-Kona) for shopping, and picking up rental snorkel gear. Finally, we will head to the Hale Kai Retreat Center – our Hawaiian home during the adventure – check in, and get settled.

4:00 pm First snorkeling/dolphin workshop at Ho'okena bay (adjacent to the Retreat Center). First time snorkelers: Carmen and her staff will work with you as you learn to use your snorkel gear, enter the water, and have fun!

5:30 – 7:00 pm ***Meditation workshop – Getting (or renewing your agreement with) your Dolphin Healing Guide to heal you and your body. Setting the Energy for Your Retreat.***

What is your "self-healing goal"?

Sunset hang loose!!

Dinner/Orientation/ get to know eachother.

Day 2 Saturday October 21

7:00 am Breakfast: Open your heart to the Aloha Spirit, short walk to the beach and swim with our friends the dolphins (if they are ready for us) and turtles and many other colorful fish in the bay.

9:00 – 11:00 am Optional Healings/Massages

10:30AM: Workshop: Balance: Recognizing and embracing your emotional extremes as a path to truly coming to know yourself and living your life in balance. We are emotional beings so let's own it! With Christy

12:00 noon Lunch

1:00 – 5:00 pm Optional Healings/Massage

Hang out at the retreat center, go for a swim, chill!

5:00 pm ***Meditation/Healings- Trance Channeling healing session with Christy Carrico, Eric Mader, Liz Tregoning. Sunset hang loose!!***

7:00 pm Dinner/Story sharing

Day 3 Sunday October 22

7:00 am - Breakfast and time for a swim and possible encounter with our friends the wild dolphins of Ho'okena.)

Optional side trip ritual: Ride to Pu'u'honua o Honaunau, the Place of Refuge. This is an ancient sacred Hawaiian grounds which offered asylum to law breakers. If a law (kapu) violator reached the grounds before getting caught, they were granted forgiveness and escaped severe penalty. We will walk the grounds, feel the energy of the old spirits, and run forgiveness energy. This is also an incredible snorkeling spot; beautiful coral forest, lava tube, and lots of tropical fish. Meditation /Healing workshop on forgiveness and letting go & snorkeling at 2 step beach right next to the refuge. Bring: the "snorkel pack", water & snacks.

12:00 pm Lunch

1:00 – 5:00 pm Optional Healings/Massage
Hang out at retreat center, go for a swim, chill!

5:00 – 6:00 pm: WellnessAlchemy workshop: Balance and alignment. Creating a vibrant relationship with your body with Christy Carrico.

6:00 – 7:00 pm Sacred Hands on Healing circle guided by Liz.

In this workshop, we will teach you to clear out pain energy from your astral body and the anchor points (meridian points) that connect spirit to body. Great tool to lead a pain free life.

Sunset and Dinner

Day 4 Monday October 23

6:00 am (Oh! Yeah! Pod-ners!) Wake up call / Breakfast

6:30 am Departure for dolphin boat adventure along the coast of Kona (snacks and drinks provided on board). Bring the "snorkel pack": bathing suit (on you), all snorkel equipment, towel, sarong or shorts, sunscreen (lots), hat (that will stay on while on the boat), sandals, light jacket or long-sleeve shirt, water and snacks, cash (tips for the boat crew & shopping) and change of clothes.

12:00 pm Return to dock (hopefully full of dolphin energy!)
Lunch in town on your own - Shopping etc...

2:00 - 5:30 pm Optional Healings/Massages at Hale Kai
Hang out at retreat center, go for a swim, chill!

5:30 pm – Meditation workshop on healing with Kundalini energy, what is it, where is it – Kundalini yoga, breathing, movement and healing yourself with Carol.

Sunset hang loose!!

7:00 pm Dinner



Day 5 Tuesday October 24**7:00 am Breakfast****8:00 am** Swim at the bay and frolicking time with the pod, our buddies.**8:30 – 10:00 am** Healings and Massages

10:00 am Workshop – Ho’oponopono: Healthy brain and the dolphins. In this workshop Claire our local dolphin expert will share of her experience swimming with dolphins, tuning into their frequency, becoming one with the pod. And more specifically the impact of the dolphin energy (sonar) with your brain.

With Claire.**12:00 pm** lunch

12:30 pm Depart for Milolii – This is the oldest Hawaiian fishing village. Very white sand beach a 20-m hike through a forested path to the beach – Beautiful, calm waters. Reachable only by foot or boat.

Bring your snorkeling gear and sunblock.

Return to Hale Kai

4:00 pm Optional Manta Rays night snorkel (about \$100.00). Swim with giant Mantas (8 to 15 feet wide) as they dance their spectacular ballet around you. No worries! They only eat plankton! Wetsuit provided. Depart from the main Harbor. Return around 9:00 pm to the retreat center.

Dinner in town on your own.

**Day 6 Wednesday October 25****7:00 am** Wakeup call / Breakfast

Swim and frolic with our friends the dolphins at the bay nearby.

8:30 – 10:30 am Optional Healings/ Massages

10:30 am Workshop Keawe Process is a healing technique in Huna that helps you reconcile an inner conflict, a battle between two warring thoughts, beliefs, paths to take in life or even yourself and an addiction. The Keawe Process uncreates the tension, the fight, the conflict resulting in complete alignment, with Claire.

12:00 pm lunch**1:00 - 5:00 pm** Optional Healings/Massages

Hang out at retreat center, go for a swim, chill!

5:30 pm – Workshop: In our final workshop, we will teach you to channel Pele, Hawaii goddess of creativity and the art of letting go to guide you in your next step to heal yourself and create a magical environment for you to go back to after the retreat. Magic is here (in your body) to stay. Woohoo!

6:30 pm Dinner/Farewell party**Day 7 Thursday October 26****6:00 am** Wakeup call / Breakfast

Optional last snorkel/dolphin swim at the beach (Ho’okena Bay)

Pack up, clean up, and check out

Group gathering and departure for airport Return rental cars. Validate all the fun and miracles you created on this trip! Enjoy your new vibration!!

Women’s Creativity and Goals Retreat attendees transfer to Kona Reef and check in around 3:00 pm.

Trip Information

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What's Included:

- 6 Nights Accommodations - Double Occupancy
- All custom prepared incredibly delicious meals (except 2 or 3 as noted in the itinerary, people with dietary restrictions can be accommodated)
- Shared rental car and gas for group sanctioned activities – exclusively.
- All workshops before and during retreat
- All intuitive counseling's and healings during the workshops sessions
- 1 Dolphin chartered boat outing.
- Side trips to healing sites and other activities as noted in the itinerary

What is not included:

- Air fare to Kona and back
- All special healings and massages
- Optional Manta ray snorkel
- All personal expenses
- Travel Insurance
- Transportation to and from Hale Kai if arriving at odd hours
- Gas expenses if rental car used outside of group outings with leader's approval.

Total Cost: \$3495 deduct \$200 if paid in full by July 1st, 2023

Single Room Option Add \$700

New!! Additional discount of \$50 if you pay by cash or check
(Minimum deposit: \$500)

All payments must be made by September 1st, 2023

Combo \$5195 (Early Bird \$4795. if Paid by July 1st 2023)

All enrollees must fill out the registration form below. If you choose not to use the online payment options, please include a minimum \$500 deposit with your enrollment.