

Magical Spirit! Magical Body!

Finding your balance in a whacky world!

A Self Healing Journey

October 27 – November 2, 2024 - KONA HAWAII

With Intuitive Leaders:

Carmen Figueras, Claire Elisabeth & Elizabeth Tregoning

Color: Gecko green/shimmery turquoise

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 the Airport.

Please note: Hawaii is 3 hours earlier than California.

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 the current volcano activities (flowing lava - we go to the volcano) and everyone's energy level... so please be flexible, amused, and open to creating even more fun!



Day 1 Sunday October 27

The day we've all been waiting for!! Our healing adventure in Kona (officially) begins today! Enjoy your flight from the mainland to the Big Island of Hawaii – as you travel, say hello to the trip bubble set at *gecko green/shimmery turquoise*.

At the airport in Kona (Big Island), you will be greeted by Carmen, our spiritual tour leader. Then a short drive into town (Kailua-Kona) for shopping, picking up rental snorkel gear and grabbing some lunch. Finally, we will head to the Hale Kai Retreat Center – our Hawaiian home during the adventure – check in, and get settled.

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 each other.

Day 2 Monday October 28

7:00 am Breakfast:

Open your heart to the Aloha Spirit with a short walk to the beach and swim with a multitude of tropical fish and turtles in this very protected bay.

8:30 – 10:00 am Optional Healings/Massages

10:00 am - Workshop: Spirit and Body - The Ultimate Dichotomy.

Create a life in balance with some great self healing tools. Create your plan with a touch of the Aloha spirit.

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 on your plan for self healing with Liz Tregoning, Christy Carrico and Eric Mader

7:00 pm Dinner/Story sharing

Day 3 Tuesday October 29

7:00 am - Breakfast and time for a swim in beautiful Ho'okena Bay.

8:30 - 10:00 am *Optional Healings/Massages*

10:00 am - *Workshop: WellnessAlchemy - Creating a Vibrant Relationship with Your Body Using WellnessAlchemy Healing Protocol.*

12:00 pm Lunch

1:00 pm Visit and meditation ritual at Paelaku Peace Garden and shopping.

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

5:30 – 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 Wednesday October 30

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

6:30 am Departure for dolphin encounters and snorkel boat adventure along the coast of Kona.

Snacks and drinks provided onboard. 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 a change of clothes.

11:00 am Return to dock, hopefully full of dolphin energy!

Lunch in town on your own - Shopping etc...

2:00 - 5:30 pm *Optional Healings/Massages*

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

5:30 pm – *Workshop: Self Care Good Habits for Every Day Care.*

Breath awareness, neurolymphatic self massage and trade hands on Healing with Carol and Liz.

Sunset hang loose!!

7:00 pm Dinner

Day 5 Thursday October 31

7:00 am *Breakfast*

8:00 am Swim at the bay

8:30 – 10:00 am *Optional Healings/Massages*

10:00 am - *Workshop: A Shamanic Journey!*

In this workshop Claire, our local healing expert, will share her experiences of communicating with and receiving healings from the many animal spirits you may encounter on land and in the ocean. Learn to listen and tune in.

12:00 pm lunch

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

Hang out at retreat center, go for a swim, chill! If the lava is flowing and Pele is having a good time, we will drive to the volcano to see the flow. Dinner at the volcano is not included. If Pele is resting, we will have an evening off.

Day 6 Friday November 1

7:00 am Wakeup call / Breakfast

Swim and frolic with the many creatures you may encounter in the bay nearby

8:30 – 10:00 am *Optional Healings/ Massages*

10:00 am - Workshop: The Keawe Process. 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 un-creates the tension, the fight, the conflict resulting in complete alignment, with Claire.

12:00 pm lunch

1:00 pm Depart Hale Kai for Puuhanua O Hanaunau, City of Refuge, Hawaiian ancient grounds where we will do a forgiveness ritual. Optional snorkel at "Two Steps"

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! With Liz.

7:00 pm Dinner/Farewell party



Day 7 Saturday November 2

7:00 am Wakeup call / Breakfast

Optional last snorkel at Ho'okena Bay

10:00 am Check out! 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 *Magical Spirit! Magical Body! Self Healing Journey October 27 - November 2, 2024*

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
- 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.



Spiritual Journeys

www.spiritiscalling.com

Total Cost: \$3495 deduct \$200 if paid in full by July 1st, 2024

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, 2024

Combo \$5195 (Early Bird \$4795. if Paid by July 1st 2024)

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.