



Bobbi Misiti  
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## MAUI 'A LA CARTE' --ASHTANGA YOGA RETREAT



**February 14-21, 2016**

Yoga Classes at Nancy's studio House of Yoga and Zen, waterfall hikes, swimming in beautiful blue Pacific water, enjoying/exploring Maui, and Hawaiian sunshine :)

\*\*You have to have a consistent practice to participate in this retreat.\*\*

### **Costs and what you need to get there:**

\$300.00 registration fee (non-cancelable, non-refundable) payable to Befit Yoga

\$350-\$450 House Rental per person for first 10 people who register payable to BeFit Yoga. The house we rented accommodates 10 people only. Beyond that I can help you find a place to stay but you will be responsible to pay for it (it will most certainly be more expensive). We will be staying at the Haiku Yoga Hale, which is next door to Nancy's shala :) The hale is reserved for us from February 12 - 22, 2016.

### **All other expenses are paid by you directly to provider**

#### Airfare

\$700.00-\$1100.00 approx. airfare for travel from MDT - OGG (Kahului Airport)

#### Car Rental (YES you need a car)

[www.halfpricerentacar.com](http://www.halfpricerentacar.com) - A small business a friend of mine owns.

A car for 10 days will be \$325.

(Ten days is \$325. 2/12 - 2/22 may count as 11 days if they leave late and arrive early, then the price will be 10% more = \$357. Every driver will have to have their own insurance : liability, comprehensive , collision with \$250 or smaller deductible, current drivers license and a credit card.)

NOTE: If several are staying at the same place you can share a car between 2-4 people.

#### Yoga at House of Yoga and Zen

\$15.00 per class or 10 classes/\$120.00 cash or check made payable to Nancy Gilgoff

All other expenses, including food and excursions, you pay for as you need. All the planned excursions cost very little money to none at all.



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## Schedule:

Please note schedule is subject to change! Weather changes frequently on Maui and excursions need to be planned around the weather. All activities are optional! I can make many recommendations outside of these excursions if you would like to explore Maui on your own.

### Saturday

Arrival day. Airport pick-ups, food shopping, settling in etc.

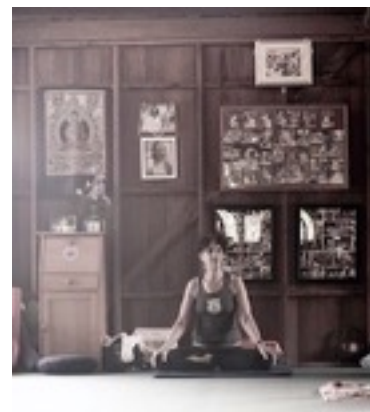
### Sunday

10:00am Yoga – Yoga with Bobbi

12:00 Breakfast at Casa Nova

2:00 – “Asthanga Beach”

Early Evening – Paia, Mana foods, and dinner in Paia



### Monday

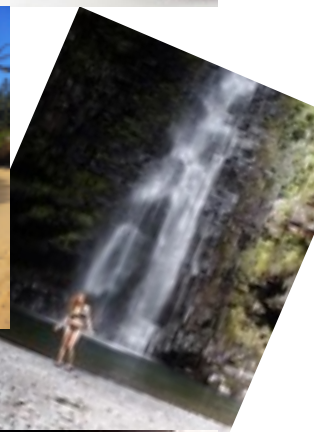
10:00am Yoga w/ Bobbi

Noonish – Breakfast at Colleens

afternoon – Waterfall Hike (Flat Rock or Twin Falls)

Sunset at Hookipa

Evening – Dinner cooking together fresh Maui food



### Tuesday

8:00am Yoga – Led Second with Nancy or Led Primary with Casey

10:00 Breakfast at Baked

Noonish –

Secret Beach

Early Evening – if still at beach, whale watch or explore makena/la peruse

Evening – Dinner in Kihei?



### Wednesday

8:00am Yoga – Mysore with Nancy & Casey

10:00 Breakfast at Casa Novas

Noonish – ?

FREE EVENING

### Thursday

8:00am Yoga – Mysore with Nancy or Led Primary with Casey

10:00 Breakfast in Paia

11:00 – Hana Highway

### Friday

8:00am Yoga – Mysore with Nancy & Casey

BEACH DAY! Lahaina side?

Puamana? or Ukamahami?

Snorkel, fins and masks, surf boards, boogie boards will be available



### Saturday

NO YOGA Free day . . .



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## Haiku Yoga Hale

Rates for 10 day stay February 12-22, 2016  
2 people per room, 5 rooms total

**Master Bed Room (Tub, Walk-in Closet, Private bathroom)**  
\$450.00 per person

**Queen bed room:**  
\$350.00 per person

**Full bed room**  
\$350.00 per person

**Twin Bedroom**  
\$350.00 per person

**Queen office room**  
\$350.00 per person

Common Living Space Pictures:





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**Other places to stay we may need to use as well:**

Gods Peace of Maui [www.peaceofmaui.com](http://www.peaceofmaui.com) to book your reservation. Cottage (one king, two twins and two queen size sofa futons. is \$195/night + a one time \$75.00 cleaning fee. Peace of Maui is a nice little family run B&B in Maui's upcountry, close to Nancy's studio. Rooms average \$85.00/night (you can share a room to reduce costs).

Also a little more expensive but a very nice locally run B&B in Makawao close to Nancy's studio is Hale Hookipa Inn, make reservations or check it out at: <http://maui-bed-and-breakfast.com/> .

**Other family owned CAR RENTAL businesses that may save you a little money:**

Aloha Rent A Car: <http://www.aloharentacar.com/> to reserve.

Also a cool car rental place that rents VW Beetles that uses bio-diesel <http://www.bio-beetle.com/>



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# MAUI A LA CARTE REGISTRATIONS

NAME	total due \$\$	Down Payment	House rental payment	Paid in Full	Notes
Mary Jane					
Deborah					
Sabrina Kish					
Lily Jones					
Dawn Womer					
Elizabeth Chestnut					
Steve2					



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## IDEA

Come to Maui for 2 months or more :) and open up time for people to come and study with Nancy and me.

3 days per week I take them to Nancy's, 3 days per week I teach to them at 10a at Nancy's studio (hopefully).

I can give "homework" yogic assignments for people to observe and/or do as they explore Maui. For example:

- ☯ nose breathers vs. mouth breathers . . . go out and observe people and the differences they see in each person. and how much each day they catch themselves mouth breathing or nose breathing.
- ☯ grounding- feel the earth beneath your feet or wet sand
- ☯ meditate with the rising sun or setting sun (hookipa is nice for the setting sun meditation)
- ☯ live off the land -- eat only foods you can get from a fruit stand for breakfast and lunch . . .

I will have breakfast each day with the group, first day take everyone to beach and Paia, talk -- help them plan their day and know where they are going. Also help them plan where to stay, car rental, be available by phone 24/7, directions from airport to where they are or maybe even for an extra fee meet them at the airport? other ideas? . . .

charge \$250 or \$300 including airport pick up



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**emails to send prior to arrival:**

Aloha, Sending you some information now so you can plan your packing.

But first this was just sent to me by a friend, we will be doing the road to Hana :) <http://www.sunset.com/travel/hawaii-mexico/hana-hawaii-00418000074465/>

Please send me your current cell number of the phone you will have with you in Maui and let me know if you text. Here is my phone number [717/443-1119](tel:7174431119).

BARBARA - please send me your flight info. do you need me to meet you at the airport?

Also, for the crater hike; Joe, Barbara, Deb, and Mary Jane are all definites for the overnight, Lisa and husband will join us for the day but not overnight, is that correct?

here is a packing list reminder -- mornings and evenings are cool. and the yoga room is not \*really\* heated (there are some space heaters that we sometimes run but they don't really make much of a difference). So i layer for practice, i start with my tank, thin long sleeved shirt, and thin sweatshirt then peel layers as it gets warm. Usually by the time you are done with the standing poses the room is warm.

Also in regards to your yoga mat, you want to bring it. Practices can be intense and it is important to have your own mat. The floor in Nancy's studio is outdoor carpeting, so i just bring my cotton mat only and put it right on her carpeting -- no need for a rubber mat underneath it :)

**What to bring:**

- yoga clothes with layers
- warm clothes and clothes for hot summer days and clothes that can get dirty . . .
- warm pajamas (evenings are cool)
- rain jacket
- sandals/thongs
- tevas or shoes that can get wet/muddy and that you can do light hiking in
- hiking shoes for crater
- swim suit
- snorkel gear if you have it, or we can rent it
- toiletries
- Sarong or wrap -- these are handy to use as a towel, a scarf, a skirt, for sun protection, etc. (the cottage has beach towels if you don't want to pack that)
- socks for hiking the crater, you wear 2 pair at a time to protect from blisters, a thin pair and a thick pair.





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#### CRATER HIKE INFO

Haleakala (means house of the rising sun in hawaiian) is at 10,000'. We will leave after yoga and food. Drive to the crater, hike the sliding sands trail 7 miles down to the floor of the crater carrying back packs, etc. stay overnight in the crater, hike the switchbacks out 4 miles the next day. And just wait until you see the landscape, sunset, sunrise, surreal quiet, cones, lava tube, birds, bunk room, views, etc.

Here are some considerations:

Weather can vary greatly; temperatures 40-80 degrees during the day, and 30-50 degrees at night. Plan for rain. If it is stormy, winds can exceed 80 mph, with temperatures dropping well below freezing. Hiking trail may be steep; terrain may include loose cinders and/or rocks. Change in altitude can be from a high of 9780ft to a low of 6380ft. Allow adequate time for travel. (time gets away from you in the crater)

packing is a consideration too, if you can fit hiking boots in your suitcase you would appreciate them, make sure you bring two pair of socks for each day -- one thin pair, one thick pair. And warm clothes will also be necessary for part of the hike and the overnight.

i will arrange for sleeping bags/blankets in maui so you don't need to pack them, unless you can pack a sleeping bag -- let me know!

Here is a packing list recommended by the park (i deleted a few things such as sunscreen which is toxic, etc.):

Ziploc bags (for used toilet paper along the trail)

Layered, warm clothing

Sturdy shoes/Extra socks (ankle support, preferable)

rain jacket

hat and clothes to shade from the sun if necessary

Water bottle; 2 liters/person/day -- I AM BRINGING A WATER FILTER SO WE ONLY NEED TO CARRY ENOUGH WATER IN FOR OUR HIKE DOWN. We can use the filter for water at the cabin and to fill our bottles to hike out.

Matches

Flashlight with fresh batteries (Good for the lava tube near the cabin)

Camera

Slippers (for wearing around the cabin after a long day in hiking shoes!)

Toiletries

First Aid Kit

Aloha :) I am settled into Maui life and awaiting your arrivals. Are you all ready? It is beautiful here--And I am sure you are all in need of sunshine!

I've told Nancy a little about each of you and where you are in your practices, she is looking forward to you all coming.

Keep in touch with me while traveling. If you can text me from your last stop before you fly across the pacific.





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Remember to enjoy the travel time--it is part of the journey. Airplane time is a good time for meditation, reading, sleeping, talking--enjoy the time above the clouds. And airports are so fun and interesting, people watching is my favorite airport activity :)

Practice your Aloha: <http://www.practicealoha.org/index.php?content=player&v=MusicVideo.flv&i=MusicVideo.jpg&>

(all the scenes in the above video are from around Maui--you will be seeing some of them soon!)

Love and Aloha  
Bobbi



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**ITINERARIES**

**DEB and MJ ITINERARY**

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