



## **How to avoid sharks**

*...and other things to know about the Big Island of Hawai'i*

Hawaii evokes images of snorkeling, surfing, and the iconic volcanoes that define its dramatic black lava coastline. While tourists are far more likely to suffer from sunburn than a shark encounter, sharks still rate high amongst the concerns of wannabe visitors.

We chatted with expert guide Dreu Basaldua about sharks and other things to keep in mind while visiting the Big Island of Hawai'i.

Read more 🐟



## Undiscovered Hawai'i Pilina - Connection FitCation Retreat

It's almost here! Only a few spots left for our **October 29-November 4** FitCation with [Body Temple Physical Therapy](#)! Our retreat activities are designed to serve as a healing bridge to connect to each other, and to those lonely pieces within. E pili kāua - let's be together.

*Have questions? Don't be shy — let's chat! Email:  
lisa@bodysynergyfitcation.com*

**Grab your spot!**



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