



Undiscovered Hawai'i FitCation

Exert. Explore. Indulge

Aloha 'oe i ko Hawai'i! Welcome to Hawai'i

Our Hawai'i FitCation retreat is designed to share the expansiveness of the Aloha Spirit. We aim to nourish and heal, to provide space to connect and to feel supported.

Our theme is Pilina - Connection; we will explore many ways to connect to ourselves, each other, and to the magic of the Big Island of Hawai'i.

E Pili Kāua - let's be together
Mahalo and Aloha,
Lisa and Liz



lisa@bodysynergyfitcation.com
liz@bodytemplept.com



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Day 1 - Your Arrival

LOW ACTIVITY

- 3:00 pm: Guests arrive
- 5:30 pm: Welcome Oli and orientation
- 6:30 pm: Welcome dinner

Day 2 - Water activities in Kona

MEDIUM ACTIVITY

- 8:00 am: Core circuit class led by Lisa
- 8:45 am: Breakfast
- 10:45 am: Departure for Kona
- 11:30 am - 3:30 pm: Kayak/Snorkel
- 4:30 pm: Return to Sanctuary
- 5:30 pm: Therapeutic yoga class led by Liz
- 6:30 pm: Dinner

Day 3 - Hawai'i Volcano National Park

HIGH ACTIVITY

- 7:30 am: Breakfast
- 8:30 am: Depart for Hawaii Volcano National Park
- 10:30 am: Warm up class - Hiking boot yoga led by Liz
- 11:00 am: Hike in Hawaii Volcano National Park
- Late afternoon: Volcano meditation led by Lisa. Letting go, Intention-setting, honoring the Spirit
- Evening: Picnic Dinner - Watch the Glow!



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Day 4 - Pilina and Healing

MEDIUM ACTIVITY

- 8:00 am: Breathing and Mobilization class with Meditation led by Lisa
- 8:45 am: Breakfast
- 12:00 pm: All Level Vinyasa Flow Yoga class led by Liz
- 12:45 pm: Lunch
- 1:30 pm: Afternoon Circle - Guided Visualization/Journaling led by Lisa
- Afternoon: Free Time
- Early evening: Evening Circle led by Lisa and Restorative Yoga for Grief class led by Liz
- 7:00 pm: Dinner

Day 5 - Night Time Manta

LOW ACTIVITY

- 8:00 am: Morning Class Lengthen and Strengthen led by Lisa
- 8:45 am: Breakfast
- Free Time
- 12:00 pm: Noon Therapeutic Yoga Class led by Liz *optional
- 1:00 pm: Lunch
- 4:45 pm: Depart for Kona
- 5:30 - 8:00 pm: Sunset sail and mantas
- 8:30 pm: Late dinner or snack

Day 6 - Hiking - Pu'uhonua O Honaunau Place of Refuge

HIGH ACTIVITY

- 8:00 am: Morning Therapeutic Yoga class led by Liz
- 8:45 am: Breakfast
- 11:00 am: Departure for Hike
- 5:30 pm: Sunset Stretch and Flow evening class
- 6:30 pm: Dinner and closing circle

Day 7 - Departure

LOW ACTIVITY

- 8:00 am: Breakfast
- 8:45 am: Pre-flight stretch w/ Liz & Lisa
- 10:00 am: Departure



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