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Vinyasa Yoga Retreat on one of Kauai's most beautiful island treasures, Hale Mana.

The stunning three acre private estate will bathe you in luxury with beautifully appointed amenities, secluded beach, and tremendous ocean views.

- Yoga classes taught by Shannan Donovan and Brad Parker
- Yoga Posture Clinics on the bluffs of the ocean, on the deck of the house or within the private yoga room
- 3 incredible meals a day prepared by a private chef from Kauai that specializes in vibrant food, locally harvested, for yoga retreats
- Live music at the house with dinner
- Organized hiking on the Napali Coast National Seashore
- Guided evening meditations with world renowned massage teacher, psychotherapist and meditation master Lee Joseph
- 2 surf lessons included by 2 amazing and very experienced instructors in Hanalei Bay
- Lots of free time designed into the experience. This is your time. Rejuvenate and retreat, journal, stroll on your own path or be a part of the group.

open your heart  
blow your mind

October 15th – 22nd, 2011

\$2000 per person, not including air fare  
*We will shuttle from the airport with vans*



Shannan is the founder of **Thrive Yoga Studio**, teaching Vinyasa yoga for over 12 years. Brad ignites his classes with inspiration from many teachers including John Friend and Shiva Rae. Shannan and Brad create an exquisite venue with inspiring music to stretch the body, lift the spirit and open the mind.

For more information:  
[www.thriveyogastudio.com/retreats](http://www.thriveyogastudio.com/retreats)  
808.651.2908

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