

# Mindfulness on Maui

## Day 1:

Arrive on MAUI  
4:00 pm afternoon yoga practice and meditation  
6:30pm Dinner  
8:00 pm evening lei and champagne reception

## Day 2:

Breakfast 7am  
8:00am Morning yoga and meditation  
9-11 Workshop and Discussion  
Baldwin Beach  
5pm afternoon yoga and meditation  
6:30pm Dinner  
8:00pm Gratitude celebration

## Day 3:

Breakfast 7am  
8:00am Morning yoga and meditation  
9-11 Workshop and Discussion  
Ocean center excursion (\$32 per person)  
5:00pm afternoon yoga and meditation  
6:30pm Dinner and free time

## Day 4:

Breakfast 7am  
8am Morning yoga and meditation  
9-11 Workshop and Discussion  
Guided Waterfall & Rainforest Hiking Adventure in Maui. Includes: Local guide, Snacks, Lunch, Hotel pickup and drop-off  
5:00pm afternoon yoga practice and meditation  
6:30pm Dinner and free time

## Day 5:

Breakfast 7am  
8am Morning yoga and meditation  
9-11 Workshop and Discussion  
Free time  
5:00pm afternoon yoga practice and meditation  
Sunset Dinner Cruise

## Day 6:

Breakfast 7am  
8am Morning yoga and meditation  
9-11 Workshop and Discussion  
Baldwin Beach  
5:00pm afternoon yoga practice and meditation  
6:30pm Dinner and free time

## Day 7:

Breakfast 7am  
8:00am Morning yoga and meditation  
9-11 Workshop and Discussion  
Check out from Resort  
2:00pm Kings Garden Waterfall Hike  
Transportation to airport for evening flight home

The spirit and energy of Aloha will be the underlying theme of our retreat. Leaving behind to-do lists, work, and everyday stresses, we will discover what it means to live Aloha. What better place to rest, rejuvenate, replenish, and re-connect with your infinite spirit than the beautiful north shore of Maui, Hawaii? Unplugged from the hustle and bustle of life, you will be provided with meals, lodging, transformational yoga sessions, and group workshops — all included.

A beautiful sanctuary that awakens the senses and impresses an authenticity, beauty, love, and creativity, Lumeria Maui is a breathtaking all-inclusive property. You'll have the choice of sharing a room or enjoying deluxe private accommodations. Relax in hammocks in the Whispering Pine Forest. Enjoy the star-gazing deck after sunset. Commune with others at the outdoor fire seating areas. Take a dip in the saline pool and jacuzzi overlooking the mountains and ocean. Enjoy a walk through the citrus, banana, and papaya tree orchard, the meditation labyrinth, or the vegetable herb garden, and of course, no visit to Hawaii is complete without a trip the beach!



## BEACH

A favorite among locals, Baldwin Beach is the closest and most accessible beach, located approximately 4.2 miles from Lumeria Maui.

*Suite Dreams*  
T R A V E L