

Diving Deep & Surfacing, Retreat Information

Fresh From the Garden:

Sandy Jennings is a much sought after private chef and island caterer. She will be preparing our delicious meals from fresh, locally sourced and organic ingredients.

Special diets will be accommodated.

Sandy's delightful Heart and masterful touch with food will nourish your body & enliven your Spirit.

Retreat:

We invite and encourage you to join us although everything we offer is optional. If sleeping late then sitting on the beach all day is calling you... Answer.

Leonie is crafting our week based on many years of experience with the ebb and flow of retreat, yet that said, it is your retreat.

The flow of our days:

Sunrise meditation and with Nancy.

or

Walking Meditation along the ocean with Leonie.

Morning gathering for presentation/discussion over breakfast for about 2 hours.

Topics will include:

The Wisdom of Silence; Meditation for Everyone.

The Wisdom of Retreat.

Dancing with Shadows, Dancing with Light: Transforming our wounded places.

Cultivating Presence, Healing Burnout.

Moving Through Grief to Grace.

Exploring Dharma (purpose in life).

Late morning we will leave for the optional 'Journey' of the day. We will explore and experience Kauai. In keeping with 'The Wisdom of Retreat' these outings will reflect the Heart & Spirit of the Island.

The Rhythm of The Ocean: Leonie has been a lifelong ocean swimmer and a 35 year swimmer in the waters off Kauai. Depending on the mood of the ocean at some place and time, Leonie will offer an introduction to being in the ocean, including snorkeling. She will choose a safe, comfortable place to assist you to experience the warm embrace of Mama Pacific.

Most often we will be back to our beautiful Island hOMe by 4pm,
Evenings we will share dinner and a short evening gathering.

Transportation:

We will drive, you take in the beauty of Kauai. All of your on-Kauai transportation will be provided.

While you do not need to buy any food, your ride from the airport to Hale Aloha will include a stop at the store for any thing you may need or want.