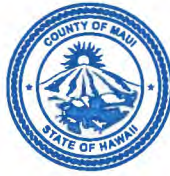


ALAN M. ARAKAWA
Mayor

WILLIAM R. SPENCE
Director

MICHELE CHOUTEAU McLEAN
Deputy Director



COUNTY OF MAUI
DEPARTMENT OF PLANNING

December 1, 2015

RECEIVED
2015 DEC -1 AM 10:10
OFFICE OF THE MAYOR

RECEIVED
2015 DEC -2 PM 2:21
OFFICE OF THE
COUNTY COUNCIL

Honorable Alan M. Arakawa
Mayor, County of Maui
200 South High Street
Wailuku, Hawaii 96793

For Transmittal to:

Honorable Robert Carroll, Chair
and Members of the Land Use Committee
Maui County Council
200 South High Street
Wailuku, Hawaii 96793

APPROVED FOR TRANSMITTAL

12/1/15
Date
Mayor
COUNTY OF MAUI

Dear Chair Carroll and Members:

SUBJECT: CHANGE IN ZONING (CIZ) FOR LUMERIA MAUI (SOULSPACE RANCH, LLC), LOCATED AT 1813 BALDWIN AVENUE, MAKAWAO, MAUI, HAWAII; TMK: (2) 2-5-004: 007 (LU-29)

The Department of Planning (Department) is in receipt of your letter to Mr. William Spence, Planning Director (Director), dated November 10, 2015, requesting several items of information. Please find the following responses as numbered in your letter:

Question:

1. *Has your Department received any complaints regarding the operation at Lumeria Maui? If so, please provide information regarding the complaints and whether the matters have been resolved to your satisfaction.*

Department Response:

There are two complaints regarding the operation of Lumeria Maui. The first is from an adjacent neighbor concerned that Lumeria Maui is not an education facility or college, but a luxury resort (RFS 14-0000443). The second complaint originates with the Department of Public Works and involves the use of a Quonset hut on the property as a gymnasium without proper permits (RFS 13-0001679). The Quonset hut is also partially located in the property's setback area. As of this letter, both RFS' remain open and have not been resolved.

The Department of Planning (Planning) is awaiting a compliance report from the Applicant in order to evaluate RFS 14-0000443. Planning defers to the Department of Public Works on the status on RFS 13-0001679.

Honorable Alan M. Arakawa, Mayor
For Transmittal to:
Honorable Robert Carroll, Chair
December 1, 2015
Page 2

Question:

2. *Advise whether Soulspace Ranch, LLC, is in compliance with all conditions of the District Boundary Amendment (Ordinance 3990 (2012)). If not, please explain.*

Department Response:

At this time we cannot determine compliance with all of the conditions of the District Boundary Amendment. Accordingly, on November 12, 2015, the Department requested that the Applicant provide a compliance report as to how they have complied with the conditions of Ordinance 3990. We are awaiting their response and will evaluate said response when it is received.

Question:

3. *Provide a copy of each of the two (2) annual reports submitted to your Department pursuant to Condition 4 of Ordinance 3990 (2012). Did either of the reports raise concerns for your Department? If so, please explain and indicate whether those concerns have been resolved.*

Department Response:

We note that the purpose of the reporting is “so that the property’s primary public/quasi-public use can be verified.” The Department has received two (2) annual reports thus far and has attached them to this response. They contain information regarding the teachers, the classes, and the number of students who attended. While the reports do provide some basic information, they do not provide sufficient information to determine that Lumeria is primarily a public/quasi-public use.

Question:

4. *Provide a copy of the written testimony received the day of the Maui Planning Commission’s public hearing (November 26, 2013), as referenced on page 2 of the minutes of that meeting.*

Department Response:

A copy of the written testimony received at the Maui Planning Commission’s November 26, 2013 meeting from Deb Lynch is attached to this letter.

Honorable Alan M. Arakawa, Mayor
For Transmittal to:
Honorable Robert Carroll, Chair
December 1, 2015
Page 3

Thank you for your attention to this matter. Should you have any questions, please feel free to transmit them to the Department of Planning via transmittal through the Office of the Mayor.

Sincerely, _



WILLIAM SPENCE
Planning Director

Attachments

xc: Michele Chouteau McLean, Deputy Planning Director (PDF)
Clayton I. Yoshida, Planning Program Administrator (PDF)
Ann T. Cua, Current Planning Supervisor (PDF)
Danny A. Dias, Staff Planner (PDF)
Patrick Wong, Corporation Counsel (PDF)
Paul Mancini, Esq. (PDF)
Maui Planning Commission

WRS:DAD:atw

Project File
General File

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LUMERIA MAUI 2013 EDUCATIONAL PROGRAM ANNUAL REPORT





Lumeria Maui Teacher and Retreat Leader Bios

Ms. Geraldine Christopher-Tichnor

- Anusara Yoga (Intermediate Session)
- Feldenkrais

Skeeter Tichnor's yoga practice is known for its fluid beauty. In her teaching she evokes a sense of ease and elegance, enriched by years of experience as an instructor, yogini, dancer, ocean enthusiast, and former member of the U.S. Free Style Ski Team. (In addition to her yoga discipline, Skeeter has worked for many years with people who have developmental disorders, including traumatic brain and spinal cord injuries.) In her classes, students learn how to reconnect with their bodies, listening to its natural intelligence with their mind, heart, and spirit.

A student of yoga for more than 30 years, Skeeter has taught in Europe, Africa, Canada, Japan, Australia, Hawaii, and on the mainland U.S.A. Her courses include immersive training, teacher training, Feldenkrais Awareness, therapeutic training, retreats and workshops, in addition to daily classes, private yoga sessions, and private hands-on Feldenkrais. She is a certified Anusara yoga teacher, Feldenkrais teacher, and Bones for Life teacher. In total, Skeeter has completed over 10,000 hours of yoga, dance, and athletic movement teacher training.

Ms. Chrissy Kapoor

- Anusara Yoga (Morning Advanced Session)
- Vinyasa Flow

Chrissy Kapoor is a dedicated Hatha yoga teacher and Zen Shiatsu massage therapist living on Maui since 2004. Her foundational knowledge of the principles of alignment established in Anusara Yoga combined with her work with the meridians of Chinese Medicine, gives her a unique understanding of subtle energy and how it moves through the body. Her work is greatly influenced by the power and beauty of Maui. Chrissy has devoted seven years to the study and practice of Anusara Yoga and in 2010 received an Anusara – Inspired license and a massage therapy license. She is registered with Yoga Alliance at the 500 hr level. Since 2010, Chrissy has been teaching yoga on Maui, helping students feel subtle shifts that become profound doorways of transformation and healing. In 2012, Chrissy shifted her massage practice to focus on Zen Shiatsu and now works primarily with energy in the body. Known for her intuitive and warm nature, each class or private session with Chrissy holds space for you to discover your inner teacher and the wellspring of wisdom and Love inside your own heart.

Mr. Richard Lewis

-Sound Chakra Toning Yoga

Shivallah is a Spiritual Teacher and Sound Healer, born in Australia. After a near death experience/car accident at the age of 19 years, he became deeply involved in eastern mystic teachings, the alchemy of awakening, meditation and the healing arts. During this time he also explored a wide range of bodywork and healing modalities, including counseling and psychic intuitive abilities. In 1993, Shivallah opened a teaching and healing center in New Zealand (Aotearoa), offering mystic circle gatherings and co-facilitating seminar retreats. He also set up a healing and event center in Byron Bay, Australia. Shivallah toured Japan, Italy, Germany, Switzerland, UK, Canada and the USA sharing and teaching his sound healing modalities. Shivallah has been living on Maui for 13 years but continuous to travel, Southern France, Sweden, Mt. Shasta/California and Ashland/Oregon, teaching consciousness awakening workshops and presenting sound healing concerts.

Mr. Gerit Williams

- Sonic Sound Healing Yoga

Gerit Williams is a professional sound therapist, teacher and musician. Well known for his Sonic Massage Sound Therapy sessions and Vocal Toning classes, Gerit believes "sound is the medicine of the future." A graduate of Jonathan Goldman's Sound Healing Program and a member of the International Sound Healer's Association, Gerit brings the world of sound and its therapeutic benefits to help people attune and transform consciousness.

Mr. Jay Greathouse

- Yoga Nidra

Jay Greathouse co-developed Maui Yoga Nidra™ and Neurobatics™ from a synthesis of modern psychology and ancient wisdom enabling self-directed neuroplasticity and the emergence of 21st-century epigenetics. During Maui Yoga Nidra practice you remain awake as the mind functions at a deeper level: like sleep with a trace of deep awareness. As you turn your attention inward, the sound of Jay's voice pleasantly keeps you conscious and awake. Lucid deep relaxation releases muscular, emotional and mental tensions. When you free yourself of tension, you solve all the problems in your life.

Jay is the Pacific Rims Foremost Expert on Conscious Neurosomatic Intelligence Integration. Jay merges his background and wealth of knowledge from training in Raja and Hatha yoga, Training as described in Initiation Into Hermetics, Asian Martial Arts, Magic Theory & Practice by Franz Bardon, The Sacred Magic of Abramelin the Mage as translated by S.L Mac Gregor Mathers, T'ai Chi Chu'uan, Qigong, Eskrima, Muso Jikiden Eishin-Ryu Iaijutsu, Consciously Manifesting and Lucid Dreaming.



Mr. Claudio Pena

- Zen Meditation

Claudio Pena is a longtime zen meditation practitioner who has taught all over the world. He lives to share the gifts of the practice with people from all around the world. We are lucky to have him share his vision with Lumeria Maui.

Ms. Karin Koepcke

- Primordial Sound Meditation

As a practicing Massage Therapist since 2003, Karin is licensed in both Hawai'i and New York, with more than 900 hours of accredited training in a wide-range of treatment modalities including: Myofascial Release, Cranial-Sacral, Lomi-Lomi, Deep Tissue, Reflexology, Head Massage, Acupressure (Bladder Meridian), Lymphatic Drainage and Shiatsu Masunaga

Karin is an experienced, certified Meditation Teacher, offering open guided-meditation classes at Lumeria as well as private instruction.

Karin's signature massage is Meditative Massage. This is a unique treatment that she developed quite naturally, inspired by her personal meditation experiences, listening to her clients and students, and facility with touch, bodywork, and energetic balancing. Clients find this treatment to be nourishing, profoundly healing, insightful and transformational.

Karin's extensive knowledge and skill are complemented by her ongoing commitment to metaphysical studies and practice as an Iyengar Yoga student.

Ms. Joie Yasha

- Osho Meditation

Dr. Joie "Yasha" Taylor is a loving compassionate meditation and movement teacher in Maui, Hawaii. She is known for her supportive, attentive approach that assists in deepening meditation and inspired movement. She is certified as an Osho information center by the Osho International Meditation Resort. Her dance and movement experience includes yoga, west African, Congolese, modern, jazz, hip-hop, salsa, and Hatian. She is a polymath, an environmental engineer, musician, hypnotherapist, artist, and jeweler. Her combined experiences bring a unique, dynamic, and inspirational experience.

Mrs. Evie Zepernick

- Intuitive Awareness

Evie completed her undergraduate work at Cornell University and received a double Masters degree in Clinical Psychology and Art Therapy. She sought a career that would enable her to access a deeper way to enlighten consciousness in the human psyche. Fascinated with the human mind and consciousness, Evie became interested in meditation. She sought to achieve peace and calm in all her activities, particularly in sculpting and working with stones, crystals, and other earth elementals. Her work strives to help people realize a state of intuitive awareness in all aspects of one's life.

Ms. Anne Gachuhi

- Hawaiian Medicinal Plants - Use and Propagation

Grow Your Own Organic Garden

Anne Gachuhi is a horticulturalist and the Founder and CEO of "Home Gardening Support Network, L.L.C". She is a former University of Hawaii Extension Educator and Maui Master Gardener Coordinator. She holds both a Masters degree and Bachelor of Science degree in Horticulture. She has more than 20 year's experience; teaching horticultural, gardening and educational programs focused on the environment and sustainability for home gardeners, the youth, teachers commercial growers and people involved in the greens industry. Anne has worked with the private sector, the government, and a total of 5 Universities both in the USA and Africa (University of Hawaii, Univ. of Illinois, Univ. of Minnesota, Univ. of Missouri and Egerton University).

Ms. Arin Ingraham and Ms. Andrea Berset

- Aromatherapy

Andrea Berset has been on an Incredible Journey of self healing and takes GREAT JOY in sharing the healing benefits of pure plant medicine with everyone! Having experienced her own radical transformation of her Mind, Body and Soul, she is passionate that it is her life's purpose to help others create and sustain healthy, vibrant, and thriving lives as well! The discovery of Pure Essential Oils has had a profound affect on her life long battle with Rheumatoid Arthritis, and instilled a desire in her to educate others on natural healing.



Ms. Suzie Cooney

- Stand-Up Paddle Boarding

Suzie Cooney's wide-ranging experience in the sports orthopaedics and physical therapy field, has allowed her to expand my current working knowledge of the human anatomy and increase her awareness of a client's limitations and/or injuries. She will work with the guidance of your physician on an as needed basis. She is a Certified Personal Trainer through the internationally known National Academy of Sports Medicine (NASM) founded in 1987 by a group of recognized physicians, physical therapists, and fitness professionals. This organization is committed to research and development as well as innovative, cutting edge concepts and applications in the areas of personal fitness training, performance enhancement, corrective exercise, sports rehabilitation and kinetic-chain therapy. She continually increasing my scope of knowledge and education through specialized, accredited affiliations that permit me to deliver the best in quality, client care.

She specialized in helping people prepare for open ocean stand up paddling such as Maliko downwinders and also offer my expertise in SUP racing. She strives to help and specialize water sports performance such as SUP, surfing and windsurfing.

Mr. Charles Fleck

- Windsurfing and Kiteboarding Program

Charlie Fleck is the founder of Blue Soul Maui and is very passionate about the sport of Hawaiian Outrigger Canoe Racing and this passion is evident in every tour he takes out. Charlie spends his free time coaching a team of first year paddlers at Wailea Canoe Club and competing in outrigger canoe racing in Hawaii. Charlie and his team recently finished 3rd in the State Championship races

Ms. Jennifer Masters

- Adore Yourself, Be Adored Retreat

Jennifer Masters is a teacher, author, lecturer, and psychic. She leads students through a journey filled with love and awakening. Her toolbox is filled with gifts that will dramatically impact your place in this world. Her clarity, compassion and grace are a natural catalyst for exponential healing and love. Through Jennifer's own journey of healing: depression, illness, and unworthiness, she teaches others. Jennifer's radiance is the power and blessing she has embraced along the way. Being comfortable in her own skin, authentic and true to her gifts, she shares the secret to finding your bliss within.

Ms. Shannon Buffington

- The Power of the Soul Trantic Immersion & Retreat

Long ago, tantric masters discovered that to be successfully externally or internally we must first awaken our latent power. Awakening and using Shakti is the goal of tantra as it is an inexhaustible source of power and freedom, healing and nourishment, pleasure and joy. Immerse yourself in a week-long retreat at the six-acre private sanctuary of Lumeria, overlooking the North Shore of Maui. Daily practices will masterfully guide you through yogic techniques and deepen your knowledge in the Tantric Tradition of Sri Vidya. We will explore tantric and yogic philosophy, asana (physical postures), bandhas (energetic postures), pranayama (breath work), visualization, mantra (sacred sounds), and meditation. Discover how these rich and timeless practices are used to create a radiant, liberated and empowered life.

Dr. Irene Metro

- Fibromyalgia Retreat

Dr. Irene Metro is a Board Certified Internal Medicine Physician and has specialized in Fibromyalgia and Chronic Fatigue Syndrome for over 15 years. Dr. Metro's philosophy of healing is to integrate mind, body and spirit.

Ms. Kim McNeil and Ms. Mellisha Fehr

- Maui Soul Retreat

With over 8 years of experience, Kim McNeil specializes in helping those living with arthritis. Her multi-disciplinary approach to yoga therapy helps clients manage their chronic pain, stress, and mobility issues. The result is a huge improvement in their quality of life which includes getting back to doing the things they love.

Mellisha Fehr, owner and director of Omega Massage & Wellness has been a part of the health and wellness industry since 2004. On a leap of faith, she followed her heart and left the corporate world in search of what would give her a sense of purpose, and that professional fulfillment we all crave. Discovering that being of service struck a chord, she enrolled in an accelerated massage therapy program, practiced, studied and wrote her exam to become a Registered Massage Therapist. Massage provided the flexibility needed to excel as a mom, and yoga and meditation helped balance and harmonize her professional and personal lives. And so, one blissful day on her yoga mat, she felt



inspired to teach, and so began the blending and braiding of modalities.

Mr. Jason Crandell

- Revitalize your Body, Relax Your Mind, Soothe your Soul

Jason Crandell was recently named “one of the next generation of teachers shaping yoga’s future” by Yoga Journal for his skillful, unique approach to vinyasa yoga. Jason’s steady pace, creative sequencing, and attention to detail encourage students to move slowly, deeply, and mindfully into their bodies. Take a class from Jason and you will leave feeling grounded, clear, and content—and more informed of the nuances and habits of your body and mind. Jason credits his primary teacher, Rodney Yee, teachers in the Iyengar Yoga tradition such as Ramanand Patel, and ongoing studies in Eastern and Western philosophy for inspiring to him bring greater alignment and mindfulness to vinyasa yoga.

In the past 10 years, Jason’s “knack for explaining subtle body movements in a way that anyone can understand,” (Yoga Journal) has opened many doors. Most recently, Jason created two Yoga Journal DVDs, Yoga for Wellbeing and Your Complete Home Practice Companion: Yoga for Morning, Noon, and Night. He is a contributing editor for Yoga Journal and has written over 13 articles for the magazine and website—many of which have been translated internationally (including Japan, China, Italy and Brazil). Jason teaches extensively at conferences in the United States and abroad and is part of numerous teacher-training faculties. He recently partnered with Yoga Journal to continue creating high-quality, home-practice DVDs.

Jason’s integrative and accessible teachings support students of every background and lineage, helping them to find greater depth, awareness, and wellbeing in their practice— and in their lives.

Ms. Stephanie Synder

- Maui Yoga Retreat with Stephanie Snyder

Stephanie is the creator of the Yoga Journal DVD, Yoga for Strength and Toning and she is known for her inspirational teaching style. Students appreciate Stephanie’s unique ability to infuse her Vinyasa classes with yoga philosophy, conscientious alignment, and heart-felt humor. Her commitment to breath, movement, happiness, and prayer make Stephanie one of the country’s most sought after teachers.

Stephanie resides in San Francisco where she has been a teacher trainer for the past decade. She is indebted to her beloved teacher Sri Dharma Mittra for sharing with her the real heart of the practice. She has also been deeply influenced by the teachings of Iyengar yoga.

Ms. Nicole Lohse and Ms. Janet Corvino

- Maui Yoga Retreat – Playing in the Elements

Nicole Lohse has been teaching yoga since 2005, and finished her Feldenkrais Training in 2012. Her classes and one on one are designed for students to learn, explore & gain a better understanding of how students can move with greater freedom and ease. Enough of feeling old, stiff and unfit already!

Janet Corvino is trained in: Anusara, Flow, Power, Hatha, YHot, Restorative and incorporates all in her classes to fit her students needs. She strives to inspire students to reach past their perceived boundaries and reach for their yoga visions. She hopes to provide a nurturing, playful yet challenging environment in which the students can embrace their potential. She is inspired by yoga students who step outside of their comfort zone. It takes guts. She has the following teaching certifications: E-RYT 500, E-RYT 200 Vinyasa & YHot, 500-hour Anusara

Ms. Ronda Wada and Ms. Cindy Silbert

- Awaken Your True Calling

Ronda Wada has been said to have “x-ray vision for your soul.” She is a Life Fulfillment Mentor, Spiritual Business Coach, international speaker and creator of Your Divine Navigation System (formerly known as Sacred Compass), The Business in Your Soul® and The Soul FULL Business Academy. Through private mentoring, events and group trainings, she teaches high achieving women and entrepreneurs how to get the fulfillment along with the financial success they crave in their lives and businesses through aligning with who they really are not just who they think they have to be to get what they want

Cynthia’s natural gift is to listen beyond words as she guides women to thrive in every aspect of life from home, work, love, body, soul and money. She is an Author, Coach, Speaker and the Creator of Life Cultivation, a dynamic fusion of eastern and western practices. Life Cultivation transforms your personal or business life through one-on-one coaching, books, workshops and online member programs. Cynthia founded www.BringUtoLife.com and www.CindySilbert.com to inspire and guide women worldwide to realize full self-expression and lasting fulfillment. Cynthia’s gift is coupled with over 25 years of experience and education in business, marketing, transformation, and coaching. She currently resides in Del Mar, California with her husband and son.



Mr. Logan Griffin and Mr. Shems Heartwell

- Inner Alchemy Retreat

Logan griffin is an Intuitive Healer, Energy Worker, Yogi and Spiritual Life Guide. He has dedicated his entire life and being as an instrument of universal consciousness and healing energy to serve the highest and best good of all beings. His work encourages the upliftment and inspiration of humanity through the personal healing, self-empowerment and enlightenment of the individual.

Shems Heartwell is a Conscious Empowerment Facilitator, Energy Medicine Practitioner and Relationship Coach. His work blends a broad background of experience, which includes training in somatic and psycho-spiritual psychology, acupuncture, medical qi gong, group constellation work and shamanism. He facilitates individuals, groups, and couples to step out of limiting patterns to access and live in their fullest potential, to experience boundless love and radiant energy.

Ms. Amara Pagano

- Fire of Love – Going Deeper

Amara Pagano first worked with Gabrielle Roth in 1991 and has been a full-time student and teacher of this work ever since. She was certified to teach 5Rhythms Waves in 2001 and 5Rhythms Heartbeat in 2010. She believes in the power of movement to transform suffering to joy and to awaken us to live our fullest potential. Amara's gift is that she embodies so deeply what she teaches that students receive what they need in her presence. She is a soul watcher and a shaman, gently but firmly guiding people in their soul's journey. She travels internationally teaching workshops and intensives. She is the co-founder of Waves Studio in Olympia, WA, former director of the 5Rhythms program at Studio Maui and co-founder of One Dance Tribe. Amara has developed a practice called AZUL Conscious Dance.

Ms. Mirka Kraftsow

- Viniyoga Therapy: Healing for the Body, Mind, Heart and Soul

Mirka Scalco Kraftsow is the AVI Director of Teacher Development where she is a facilitator of personal transformation and a mentor for students on the teaching path. She has co-taught with Gary Kraftsow in the AVI 500 hour Viniyoga Teacher Training for 25 years.

Ms. Althea Moynihan

- Yoga in Paradise

Althea Moynihan completed the intensive residential Yoga and Teacher Training program at the world-renowned White Lotus Foundation in Santa Barbara, California in 2002. She is a member of the International Association of Yoga Therapists (IAYT), and a Registered Yoga Teacher

(RYT) with Yoga Alliance, the national education and support organization for yoga in the United States. Additionally, she is a health provider for the Sutter Center for Integrative Holistic Health.

Her personal teaching style blends the benefits of different yoga traditions, emphasizing form and alignment, intelligently holding poses, and weaving breath within movement and stillness. These traditions inform my teaching, allowing her to create a thoughtful sequence of organic and intuitive postures for each individual lesson and class, with an ongoing focus on gratitude, softening, and creating space. The practice improves strength, balance, endurance, and flexibility, while supporting inward reflection and thoughtfulness. My students find new ways of moving, improved posture, enhanced breathing, and a new self-awareness.

Mr. Bryan Fowler

- VariYoga and Maui Retreat

Bryan Fowler is the co-creator of the VariYoga style, which is a style that recognizes and honors the needs of the individual, and offers modifications and options that 'vary' for each practitioner. The VariYoga™ style incorporates and acknowledges the traditions of classical yoga, and presents it in a way that is fun and accessible. This approach provides a wide variety of opportunities for individual discovery and practice. Self-respect is emphasized, as well as modification and adaptation in the physical practice. He is registered with the Yoga Alliance as an ERYT-500.



Lumeria Maui Class Description

Yoga Classes

**Anusara Yoga
(Advanced Session)**
Ms. Geraldine
Christopher-Tichnor

Diving into the relationship of the heart and the body using the Universal Principles of Alignment established in Anusara Yoga, these classes are designed for those who have a regular yoga practice. The teacher will deepen the student's awareness of prana and how it allows us to dance with grace and elegance as the class moves into many of the more intermediate and advanced forms of Asana. All of the Yoga taught by Geraldine Christopher-Tichnor is grounded in the inspiring heart opening and safe Alignment Methodology of Anusara Yoga. Ms. Christopher-Tichnor is a certified Anusara practitioner.

**Anusara Yoga
(Advanced Session)**
Ms. Chrissy Kapoor

This class is designed for those who have a regular yoga practice and are for students interested in deepening their awareness of prana. The teacher will guide the class to move into many of the more advanced forms of Asana. Ms. Kapoor is a licensed Anusara Inspired Teacher.

Vinyasa Flow
Ms. Chrissy Kapoor

Enjoy an evening where movement and music meet in a sacred space of breath and rhythm. Allow the teacher to envelop you with the sounds of some of Maui's finest musicians to carry you through a deeply nurturing evening yoga practice. Students will experience their embodied being as a beautiful instrument, while the teacher will guide each student and add their unique vibration to the evenings offering.

Feldenkrais

Ms. Geraldine
Christopher-Tichnor

'Awareness Through Movement' lessons generally begin lying on the floor while students scan their awareness over their bodies, sensing and feeling their own form and self image. In the lessons students will be given precisely structured movement explorations that involve creative thinking, sensing, moving, and imagining. The teacher has designed the program based on developmental movements we all did as children. Some are based on more abstract explorations of joint, muscle, and postural relationships. The lessons consist of comfortable, easy movements that gradually evolve into movements of greater range and complexity. After an Awareness Through Movement class, students have often commented that they feel much younger, move and think with greater ease, and see the full vibrancy of the world around them.

**Sound Chakra Toning
Yoga**

Mr. Richard Lewis

Sound is the medicine of the future. The teacher will guide you through sound yoga guides by a step-by-step process teaching students the art of inner transformation through sound and tone. Here, students will experience their own natural ability to use their voice as a tool to create profound personal-healing and transformation. The best part is you don't have to be a singer to create healing tones, everybody can do it! The benefits of Vocal Toning are: • Increases Energy Levels • Provides Deep Relaxation • Relieves Stress • Reduces Physical Pain • Alleviates Depression • Calms Emotions • Improves Mental Clarity • Creates Deep Meditation • Expands Consciousness • Enhances Health & Vitality • Builds Immune System • Balances Brain Hemispheres • Awakens Intuitive Abilities

**Sonic Sound Healing
Yoga**

Mr. Gerit Williams

The teacher will guide students through a step-by-step process teaching the art of inner transformation through sound and tone. This class focuses on healing student's body and mind through sound. We believe that sound has the power to heal. During an experience with extreme anxiety, sound therapy has proven to be a valuable tool for relaxing and letting go of stress. This class uses this theory to bring out the power of sound and healing to its full potential. Students are guided by the teacher through poses aimed to relax and tone the body while concentrating on different sounds.

**Yoga Nidra**

Mr. and Mrs. Jay
and Elizabeth
Greathouse

Decreases Jet Lag by resetting your internal clock, Boosts serotonin levels, Decreases anxiety, Improves sleep, Enhances your immune system - Stabilizes blood sugar levels - Increases alpha brainwaves - Releases muscular, emotional and mental tensions - Prevents premature aging and illnesses. Imagine how good you feel when you discover how much deep relaxation you can take lying down. During Maui Yoga Nidra practice students remain awake as the mind functions at a deeper level: like sleep with a trace of deep awareness. As the teacher turns your attention inward, the sound of their voices pleasantly work together to keep you conscious and awake. Lucid deep relaxation releases muscular, emotional and mental tensions. When students free themselves of tension, students can solve all the problems in their lives.

Metaphysical Classes

Zen Meditation

Mr. Claudio Pena

A unique, team approach to direct communication with spirit, offering deep insights and guidance into student's spiritual and energetic healing. Teachers help students gain a clear understanding and awareness of their individual healing process to aid in overcoming spiritual, mental, physical, or emotional ailments.

Primordial Sound Meditation

Ms. Karin Koepcke

The assistance of live music and voice from the teacher between gaps of silence support the deepening of meditation for relaxed awareness, free from the interference of thought. The teacher provides students with an anchor to the present moment.

Osho Meditation

Ms. Joie Yasha

Meditation is the route to who you really are and your potential. It is the methodology of the science of awareness. The teacher has designed Osho meditations specifically for modern lifestyles. These methods effectively relax the mind while enhancing the knack of watching habitual patterns in a new way. Meditations such as Kundalini, Gibberish, Nadabrama, may include movement, breathing, or sound. Each day a different Osho meditation is offered by the teacher to fit student needs. "In my vision this world is a school. Here we are taught small lessons. Behold the flowers and bloom like flowers. Behold the rainbows and dye your life in rainbow colors." – Osho.



Intuitive Awareness With Evie Zepernick, students realize and develop their psychic abilities; clairvoyance, clairaudience, clairgnosis, clairpathy, clairsentience, clairscent, and clairsavorance. Students learn how to connect to their focal point, and receive clear guidance from the realm of spirit. Experience instruction in grounding, invoking spirit alliance, setting intention, creating protective boundaries, and channeling.

Mrs. Evie Zepernick

Horticulture Classes

In the Hawaiian tradition, people are not separate from the land. To be Kama'aina -local to the islands - literally means "of the land." For this reason, Lumeria Maui is dedicated to offering comprehensive programs in growing and understanding the source of our food. Students can take a guided walking tour of our native plant gardens with a revered local Kupuna, spend time harvesting ingredients for a meal from our gardens, or take a class in creating their own gardens. Either way, students will be amazed at what will happen when they begin to work with the land, connect with the food that nourishes you, and take in the healing energy of the sacred 'Aina on Maui.

Hawaiian Medicinal Plants: Hawaiian cultural and ethnobotanical lessons in Lumeria Maui's own Hawaiian Medicinal Herb Gardens. Students will learn about the common and not-so-common endemic medicinal plants that can be found in Hawaii and on Lumeria Maui's grounds. Tuesdays: Introduction to Hawaiian Medicinal Herbs Thursdays: Harvesting and Using Hawaiian Medicinal Herbs Saturdays: Hawaiian Medicinal Teas and Tinctures These classes will cover Basic History of the Hawaiian Islands as well, including ecological evolution and paleo cultural history and settlement.

Use and Propagation

Ms. Anne Gachuhi

Aromatherapy Allow the power of the Hawaiian medicinal plant kingdom to work its wonders as students receive the benefits of its healing fragrances massaged into their skin and muscles. Students will learn and choose from a selection of handcrafted essential oils to individualize their treatment based on their current needs – be it revitalization after jet lag, harmonizing work and personal life, or relaxing into their long-awaited vacation.

Ms. Arin Ingraham
and Ms. Andrea
Berset



**Grow Your Own
Organic Garden**

Ms. Anne Gachuhi

The teacher will talk about the basics of soil science, how to enrich soil to produce healthy, high-yielding plants. The course will also cover the basics of making and using compost, the principles of crop rotation and how to incorporate green manures and manage nutrients in the garden. Other topics will include how to tell the difference between cultivated plants and weeds, basic weed control strategies and common insect pests and methods of natural insect control.

Water Sports Classes

Hawaii is the birthplace of surfing. Hawaiian royalty practiced surfing to maintain their strength, agility and health. Legendary native Hawaiian waterman and Olympic swimming champion, Duke Kahanamoku, made this "sport of kings" world famous outside of Hawaii in the 1920s. Maui's North Shore is widely considered a Mecca for wind surfing and kite surfing, as well as a world-class venue for surfing and stand-up paddle boarding. Here at Lumeria Maui we have created programs with legendary surfing professionals.

We understand that water activities promote personal breakthroughs and increase physical and mental performance. Legendary surfers and professional athletes Buzzy Kerbox and Suzie Cooney have developed our training programs to prepare students on-property for their ocean experiences. Lumeria Maui is just minutes from Ho'okipa Beach Park. With its crystal clear waters and white sand beach, it is one of the world's most coveted destinations for wind surfing and kite surfing. Dozens of other surfing venues, for surfers, stand-up paddlers and body-boarders of all skill levels, can be found throughout the island. Snorkeling, scuba diving, sailing and sport fishing are also popular in this tropical island paradise. Lumeria Maui's instructors will assist you in your water sports programs and experiences.

**Windsurfing
& Kiteboarding
Program**

Learn from the pros! Experience windsurfing and kiteboarding on Maui's legendary north shore surf! Beginners will learn on more mild swells while guided by teachers, and advance to the infamous Ho'okipa hotspot. All levels welcome - students will learn and experience with our watersports professionals.



**Lumeria Maui's Daily
Stand-Up
Paddleboarding
Program**

Daily Stand-up Paddling lessons and adventures! Experience SUP with one of Lumeria's watersports professionals - have a safe, fun time while learning history and technique and strengthening and toning your muscles. SUP is a full-body workout, requiring the work of myriad muscle groups to keep you balanced, as well as the muscles involved in paddling. The history of SUP is fascinating, and you will have a wonderful time learning from Lumeria's expert facilitators. Location depends on your ability level; all levels are welcome, from absolute beginner to advanced professional paddlers wanting to visit the secret SUP spots on Maui.

Yoga Teacher Training Classes

Yoga Alliance/Lumeria Maui Certification Programs 200 hours and 500 hours

We offer Anusara Immersions and Teacher Training Programs. Students wanting a deeper understanding of the Anusara style are welcome to take these programs. The Immersion program covers every aspect of yoga, asana (postures), pranayama (breath work), meditation, therapeutics, and philosophy. The Teacher Training program covers the art and technique of teaching Anusara Yoga.

Completing both the Immersion and the Teacher Training Program will fulfill requirements for 200-hour Certification with Yoga Alliance. The hours you accrue can also be credited toward Anusara Teachers Certification.

Retreats

For all Yoga, Metaphysical/Meditation, Writers, and Water Sports Retreats:

Each retreat is run by a specialized instructor who flies in from around the world to guide students in their specialty. Thus, different visiting instructors of varied disciplines create each retreat's teaching program. We strive to create opportunities to bring students and teachers from all over the world together so they can better educate themselves. If you would like to know more about a specific instructor we have hosted, you can go to their website for their teacher credentials and backgrounds

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2013 Lumeria Maui Class Attendance By Month - Enrolled Community Students

	January	February	March	April	May	June	July	August	September	October	November	December
Daily Yoga Classes												
Anusara Yoga (Intermediate Session) Ms. Geraldine Christopher-Tichnor	21	46	54	56	68	38	36	38	53	56	28	33
Anusara Yoga (Morning Advanced Session) Ms. Chrissy Kapoor	19	22	31	38	47	27	26					
Vinyasa Flow Ms. Chrissy Kapoor	33	48	57	58	56	42	39	41	51	53	38	29
Feldenkrais Ms. Geraldine Christopher-Tichnor	32	38	44	31	42	33	29	32	42	41	29	28
Sound Chakra Toning Yoga Mr. Richard Lewis	57	162	168	186	171	147	108	126	162	171	105	96
Sonic Sound Healing Yoga Mr. Gerit Williams	28	83	78	96	89	74	52	68	89	85	52	47
Yoga Nidra Mr. and Mrs. Jay and Elizabeth Greathouse	29	39	42	51	41	36	44	42	47	44	32	28
Daily Metaphysical Classes												
Zen Meditation Mr. Claudio Pena	5	8	21	29	33	25	31	32	36	39	9	11
Primordial Sound Meditation Ms. Karin Koepcke	19	26	36	22	29	26	33	28	35	37	22	26
Osho Meditation Ms. Joie Yasha	35	46	47	31	42	23	35	37	44	49	31	29
Intuitive Awareness Mrs. Evie Zepernick	9	12	11	13	10	9	14	7	15	9	8	11
Weekly Horticulture Classes												
Hawaiian Medicinal Plants - Use and Propagation Ms. Anne Gachuhi	11	17	21	18	19	14	13	21	19	22	18	9
Aromatherapy Ms. Arin Ingraham and Ms. Andrea Berset	12	15	19	18	22	17	21	19	22	23	14	12
Grow Your Own Organic Garden Ms. Anne Gachuhi												
Water Sports Programs												
Stand-Up Paddle Boarding Ms. Suzie Cooney	3	5	7	9	4	6	9	10	5	4	-	-
Mr. Charles Fleck	4	7	9	8	3	7	8	11	6	5	-	-
Total Non-Lodger Community Enrollment	313	567	636	656	673	517	490	501	620	633	386	359

2013 Lumeria Maui Overnight Lodger and Community Student Attendance

Lumeria Maui Class Schedule Attendance by Individual Overnight Lodger

2013 Daily/Weekly Classes	January	February	March	April	May	June	July	August	September	October	November
Daily Yoga Classes											
Anusara Yoga (Intermediate Session) Ms. Geraldine Christopher-Tichnor	357	215	369	376	381	443	287	392	395	298	361
Anusara Yoga (Advanced Session) Ms. Chrissy Kapoor	332	209	358	318	305	395	296	327	328	275	291
Vinyasa Flow Ms. Chrissy Kapoor	435	375	408	295	271	324	281	336	359	254	271
Feldenkrais Ms. Geraldine Christopher-Tichnor	226	222	271	214	204	112	197	257	258	228	301
Sound Chakra Toning Yoga Mr. Richard Lewis	356	121	354	385	332	136	203	218	362	241	271
Sonic Sound Healing Yoga Mr. Gerit Williams	216	185	228	331	314	118	176	198	382	228	291
Yoga Nidra Mr. and Mrs. Jay and Elizabeth Greathouse	298	157	312	323	352	124	198	206	328	284	301
Daily Metaphysical Classes											
Zen Meditation Mr. Claudio Pena	253	113	268	332	310	127	179	195	306	243	291
Primordial Sound Meditation Ms. Karin Koeppke	156	104	196	186	172	168	187	162	272	198	311
Osho Meditation Ms. Joie Yasha	257	98	217	278	204	117	103	114	283	212	321
Intuitive Awareness Ms. Evie Zepernick	120	75	124	93	86	62	69	87	112	98	111
Weekly Horticulture Classes											
Hawaiian Medicinal Plants - Use and Propagation Ms. Anne Gachuhi	63	68	71	56	69	75	61	79	63	81	81
Aromatherapy Ms. Arin Ingraham/Ms. Andrea Berset	186	145	105	128	122	117	114	117	152	135	121
Grow Your Own Organic Garden Ms. Anne Gachuhi	96	114	115	114	110	92	106	98	132	125	131
Water Sports Programs											
Stand-Up Paddling Ms. Suzie Cooney	75	98	95	84	76	114	167	213	298	182	111
Kiteboarding and Surfing Mr. Charles Fleck	50	67	81	61	58	72	98	135	75	79	91
Total Overnight Individual Lodger Class Enrollment	3,476	2,366	3,572	3,574	3,366	2,596	2,722	3,134	4,105	3,161	3,731

Lumeria Maui Programs in Groups 2013 Teacher Training Retreats



LUMERIA
— MAUI —

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LUMERIA MAUI

2014 CLASS ATTENDANCE AND PROGRAMMING REPORT

The mission of Lumeria Maui is to provide an authentic and inspiring educational environment that nurtures and cultivates the spark of learning and creativity in our students. We've developed a lively and engaging curriculum with daily and weekly classes and programs in yoga, meditation, water sports, metaphysical studies, healing arts, horticulture and much more. Our classes, Signature Programs and Retreats are led by world-renowned instructors who keep up with the latest developments in their fields.

Overnight lodging requires student enrolled in daily class or overnight retreat. Participation in educational programs is mandatory for overnight guests. Please see the following class attendance by month for our community students, followed by our class attendance by overnight lodgers.



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LUMERIA MAUI
www

An Educational Experience
in the heart of Maui's North Shore

In keeping with the property's historical use, educational programs at Lumeria Maui encourage our students to continue their academic journeys throughout their lives. The facility focuses primarily on educational programs in: yoga, metaphysical/meditation, and water sports. Students are invited to lodge with us overnight in our dorms so that they can fully immerse in our educational retreat setting and take full advantage of our class offerings. Overnight lodgers must be students enrolled in our classes. We are proud to contribute to the preservation of Maui's heritage while providing an educational center for lifelong learning for Maui residents and student visitors from around the world.





LUMERIA

— MAUI —

EDUCATIONAL • ADVENTURE • RETREAT

LUMERIA MAUI

2014 CLASS ATTENDANCE AND PROGRAMMING REPORT

The mission of Lumeria Maui is to provide an authentic and inspiring educational environment that nurtures and cultivates the spark of learning and creativity in our students. We've developed a lively and engaging curriculum with daily and weekly classes and programs in yoga, meditation, water sports, metaphysical studies, healing arts, horticulture and much more. Our classes, Signature Programs and Retreats are led by world-renowned instructors who keep up with the latest developments in their fields.

Overnight lodging requires student enrolled in daily class or overnight retreat. Participation in educational programs is mandatory for overnight guests. Please see the following class attendance by month for our community students, followed by our class attendance by overnight lodgers.





LUMERIA

— MAUI —

EDUCATIONAL • ADVENTURE • RETREAT

EXECUTIVE SUMMARY

2014 CLASSES AND PROGRAMS

AT LUMERIA MAUI

The annual report shall provide sufficient information on:

- the number of students enrolled in our classes,
- the number and types of classes offered, and
- the number of classes attended by overnight lodgers in the dormitory units,
- so that the property's primary public/quasi-public use can be verified.



LUMERIA
— MAUI —
EDUCATIONAL • ADVENTURE • RETREAT

CLASS ENROLLMENT

2014 CLASSES AND PROGRAMS

AT LUMERIA MAUI

The tables on the next pages show class enrollment by month.

The first table, "Community Student Class Attendance by Month" reflects community student enrollment. It shows an overall trend of participant fluctuation in relation to the key months on the island (holidays, whale season, etc.). However, our enrollment numbers for yoga stay strong throughout the year, reflecting our dedication to the medium and Lumeria Maui's ongoing efforts to create a space where students can educate both their bodies and minds.

The second table, "Individual Overnight Lodger (non-group) Attendance" reflects student enrollment of individuals who dorm with us overnight. Class participation is mandatory for all overnight lodgers. On average, overnight students participate in at least two classes a day during their time with us.

The third table, "Group Programming Attendance" charts class enrollment for students who are participating in an overnight group program led by outside teachers. Most group programs are focused in: yoga, metaphysical studies/meditation, fitness, writing, or business. All teachers aim to educate students in their respective fields while Lumeria Maui provides complementary classes so that students can explore different fields to further their education. On average, students enrolled in group programs participate in at least three classes a day.

Lastly, please find the Retreat Report for a list of all of the educational programs we hosted with off-site teachers in 2014. All of the educational programs at Lumeria Maui have a focus on either: yoga, metaphysical/meditation studies, business, or off-site watersports.

Lumeria Maui Community Student Class Attendance By Month 2014

This table reflects community student class enrollment by month in yoga, meditation/metaphysical studies, horticulture, and off-site watersports classes.

	January	February	March	April	May	June	July	August	September	October	November	December
Total Non-Lodger Community Member Class Enrollment	408	554	631	618	740	669	623	531	700	796	426	381
Daily/Weekly Yoga Classes												
Anusara Inspired Yoga Guided Practice Ms. Geraldine Christopher-Tichnor	42	64	67	77	93	73	66	59	71	88	36	28
Anusara Therapeutic Yoga Ms. Chrissy Kapoor	21	35	42	41	47	39	31	25	43	52	24	26
Vinyasa Flow Ms. Chrissy Kapoor	33	47	55	48	56	47	41	34	48	59	27	24
Feldenkrais Ms. Geraldine Christopher-Tichnor	39	59	71	75	103	96	88	72	91	101	33	27
Kundalini Yoga and Essential Oil Ms. Andrea Berset and Ms. Ruby Wong	27	33	36	39	44	33	29	17	38	42	28	25
Svarroopa Yoga Mr. Robert Gold	-	-	-	-	-	-	-	-	-	-	-	5
Daily/Weekly Metaphysical Classes												
Sacred Silent Meditation Mr. Claudio Pena	63	71	79	57	52	46	44	64	72	66	74	88
Guided Sunrise Meditation Ms. Karin Koepcke	21	32	38	29	33	29	21	17	28	33	18	25
Osho Meditation Ms. Jole Yasha	18	22	21	23	24	25	18	19	21	-	-	-
Intuitive Awareness Mrs. Evie Zepernick	11	15	13	12	14	10	8	6	11	22	9	9
Medicine Song Ceremony Ms. Erin Pillman	12	16	26	29	32	15	21	17	12	38	27	24
Crystal Manifestation Ms. Evie Zepernick	9	12	15	18	21	23	18	16	19	24	16	13
Beginning Chi Kung and Tai Chi Mr. Robert Carter and Mrs. Ali Jones-Carter	18	23	26	19	23	25	17	19	11	6	-	-
Chi Gong for Hormonal Balance Ms. Maha Conyers	20	21	23	21	25	27	14	-	-	-	-	-
5 Rhythms Moving Meditation Mr. Kabba Anand	12	19	24	26	44	22	33	24	18	16	8	5

Devotional Song and Dance Kirtan Mr. Rasa Priya	21	23	22	28	23	25	19	23	21	31	16	12
Accupuncture Happy Hour Ms. Elisha Weinberg	-	-	-	8	11	15	17	14	26	29	17	14
Learn to Meditate Ms. Arlene Fox	-	-	-	-	15	19	25	22	37	41	-	-
Intro to Contact Improv Dance Class Mr. Deek Martin	-	-	-	-	-	16	18	17	21	26	15	-
Slow Flow Movement/Dance Mr. Deek Martin	-	-	-	-	-	12	17	13	22	28	14	-
Emotional Freedom Technique Ms. Jennifer Iseely	-	-	-	-	-	-	-	-	-	-	14	5
Daily/Weekly Horticulture Classes												
Hawaiian Medicinal Plants - Use and Propagation Ms. Anne Gachuhi	13	19	22	19	21	17	19	13	25	31	18	17
Aromatherapy Ms. Andrea Berset	11	17	21	19	23	18	22	17	28	33	19	18
Grow-Your-Own-Organic Garden Ms. Anne Gachuhi	14	18	23	25	27	29	31	18	33	27	11	13
Water Sports Programs												
Stand-Up Paddle Boarding Mr. Charles Fleck	3	8	7	5	9	8	6	5	4	3	2	3
Total Non-Lodger Community Enrollment by Month	408	554	631	618	740	669	623	531	700	796	426	381
2014 Non-Lodger Community Member Class Enrollment Total: 7,077												

Lumeria Maui Individual Overnight Lodger Class Attendance By Month 2014

Lumeria Maui Class Schedule Attendance by Individual Overnight Lodger

All overnight lodgers are required to participate in Lumeria Maui's educational programs.

This table reflects individual (non-group) overnight lodger enrollment in yoga, meditation & metaphysical studies, fitness/water sports, and business/personal growth classes.

*See Addendum A for class schedule, flyer, class descriptions, and enrollment form examples.

Daily/Weekly Yoga Classes	January	February	March	April	May	June	July	August	September	October	November	December
Anusara Inspired Yoga Guided Practice Ms. Geraldine Christopher-Tichnor	176	72	99	71	134	53	146	89	26	76	88	129
Anusara Therapeutic Yoga Ms. Chrissy Kapoor	97	38	42	32	76	24	87	73	18	39	46	114
Vinyasa Flow Ms. Chrissy Kapoor	84	41	83	36	81	31	83	76	21	41	79	128
Feldenkrais Ms. Geraldine Christopher-Tichnor	186	79	105	76	139	47	152	108	23	83	99	121
Kundalini Yoga and Essential Oil Ms. Andrea Beret and Ms. Ruby Wong	92	46	51	27	35	18	114	99	15	34	51	129
Sesroepa Yoga Mr. Robert Gold	-	-	-	-	-	-	-	-	-	-	-	93
Daily/Weekly Metaphysical Classes												
Sacred Silent Meditation Mr. Claudio Pena	84	39	41	17	24	19	67	56	19	41	63	96
Guided Sunrise Meditation Ms. Karin Koeppke	79	41	48	21	31	16	82	53	9	26	58	97
Osho Meditation Ms. Jola Yasha	62	27	35	19	27	17	53	41	10	-	-	-
Intuitive Awareness Mrs. Eva Zapernick	68	33	41	17	21	12	63	39	8	33	43	41
Medicine Song Ceremony Ms. Erin Pillman	21	18	23	18	26	13	35	29	9	31	35	36
Crystal Manifestation Ms. Eva Zapernick	65	37	73	23	28	16	52	48	11	41	63	48
Beginning Chi Kung and Tai Chi Mr. Robert Carter and Ms. Ali Jones-Carter	36	24	39	19	17	12	41	32	9	24	-	-
Chi Gong for Hormonal Balance Ms. Maha Conyers	73	46	51	21	23	9	31	-	-	-	-	-
5 Rhythms Moving Meditation Mr. Kabba Anand	84	39	41	16	60	11	28	31	7	18	-	-
Devotional Song and Dance Kirtan Mr. Raza Priya	82	36	34	17	48	14	71	48	11	21	24	52
Acupuncture Happy Hour Ms. Eliza Weinberg	-	-	-	14	37	12	81	38	9	28	34	51
Learn to Meditate Ms. Arlene Fox	-	-	-	-	39	19	98	76	10	35	-	-
Intro to Contact Improv Dance Class Mr. Deek Martin	-	-	-	-	-	9	21	13	8	21	29	-
Slow Flow Movement/Dance Mr. Deek Martin	-	-	-	-	-	7	23	11	6	17	28	-
Emotional Freedom Technique Ms. Jennifer Isely	-	-	-	-	-	-	-	-	-	-	32	44
Daily/Weekly Horticulture Classes												
Hawaiian Medicinal Plants - Use and Propagation Ms. Anne Gachuhl	64	48	31	21	43	17	51	41	12	19	46	44
Aromatherapy Ms. Ann Ingraham and Ms. Andrea Beret	79	51	29	25	34	12	63	50	6	21	39	53
Grow Your Own Organic Garden Ms. Anne Gachuhl	89	62	37	18	32	13	43	38	6	17	43	39
Daily/Weekly Water Sports Programs												
Stand-Up Paddle Boarding Mr. Charles Fleck	67	48	39	17	59	18	71	49	11	16	51	62
Total Individual (non-group) Overnight Lodger Class Attendance By Month:	1,588	825	942	525	1,014	419	1,566	1,138	264	682	951	1,377

Retreat Group Programs Class Enrollment By Month 2014

All overnight lodgers are required to participate in Lumeria Maul's educational program.

*See Addendum B for group retreat names, attendance numbers, and financial descriptions.

*See Addendum B for group retreat names, attendance numbers and flyer descriptions.

Yoga Retreats	January	February	March	April	May	June	July	August	September	October	November	December
Lisa Danylichuk	96											
Salie Hervold	289											
Althea and Marc	558											
Jen Riley YOGA	432											
Norm Shagfield	477											
Liz Cotter												
Kay Kay Clavo KKYoga		672										
Tina Belluomini		210										
Gail Barnett Aspen Synergy		180										
Judy Louie, Bilgram Retreat		840										
Deb Lee Yoga		225										
Christie Marshall		567										
Christy Unson			522									
Amanda Dykarn Aspen Synergy			396									
Billy Potoncik			288									
Rachel and Luyises Wilson				240								
Mariane Corallo				294								
Aubrey Yee				198								
Albert Flynn De Silver				440								
Craig Vilani				460								
Irene Laney					483							
Lesley Rightmaster					324							
Susy Kameron					342							
Barbara Volner						384						
Heather Paulson						36						
Rosemary Garrison							210					
Joseph Komar								300				
Estee Fietter								495				
Sylvia Abergel									324			
Gary De Rodriguez - Sangre de 2014									105			
Tom Cronin									360			
Steve Pyke									336			
Anne Timpaamy										336		
Cindy Silbert											336	
Jason Crandell											576	
Chantal O'Sullivan - ShantiYoga2014											330	
Karen Drucker											900	
Sianna Sherman											108	
Lanie Devina											312	
Andrea Fournet											966	
Kim McNeil												483
Judy Louie												468
Anna Zawada												147
Tom Berry												240
Multiplying Meditation Retreats												408
Martin Kipp												390
Robbyne LaPlant		1050										
Cliff and Amy Cannon, True Summit Group- Vision		396										
Uma Mulick, Mandalay410y		207										
Cathleen Miller			168									
Sheri Rosenthal			264									
Doreen Haroch			108									
Ram Dass			612									
Irit Weir				828								
Laura Swan				234								
Raw Brahs					252							
Kara Keating					228							
Dorian Cheah						252						
Martin Kipp 2014 #2						225						
Buffy Robbles						1110						
											147	

Fitness Retreats (Watersports, Health)													
Amie Engerbretson													
Nikki Fojden-Moore	36												
Jennifer Venulo - Flightmaster						126							
30 hours/Person/ Group						480							
Kristin Yang													
Anna Huang								1134					
Total Retreat Group Overnight Lodger Class									12				
Enrollment By Month:	1,887	4,347	2,358	2,894	2,235	2,007	1,944	795	2,001	3,528	2,277	399	

Total Overnight Lodger Class Enrollment By Month - Individual and Retreat Group Enrollment Combined:	3,475	5,172	3,300	3,219	3,249	2,426	2,910	1,933	2,265	4,210	3,228	1,767
2014 Overnight Lodger Class Enrollment for Individual Lodgers & Group Retreat Lodgers:	37,154											

Group Retreat Report: Group Retreat Attendees

January 2014 – December 2014

*Group Retreat Attendees enroll in an average of 3 classes a day.

January 2014				
Group Name	Educational Focus	Arrive	Depart	Students
Engerbretson2014	Fitness	01/08/2014	01/12/2014	3
Singfield2014	Yoga	01/09/2014	01/18/2014	5
Lisa Danylchuk (GROUP)	Yoga	01/14/2014	01/18/2014	8
Hollywood Market Yoga	Yoga	01/16/2014	01/26/2014	10
Althea2014	Yoga	01/18/2014	01/24/2014	9
YYoga	Yoga	01/26/2014	02/01/2014	23

February 2014				
Group Name	Educational Focus	Arrive	Depart	Students
MastinKippFeb2014	Metaphysical/Meditation	02/01/2014	02/08/2014	50
Liz Cotter	Yoga	02/08/2014	02/15/2014	39
KKYoga	Yoga	02/15/2014	02/20/2014	14
LaPlant2014	Metaphysical/Meditation	02/15/2014	02/21/2014	22
TinaB	Yoga	02/20/2014	02/25/2014	12
TrueSummitGroup-Vision Quest	Yoga	02/22/2014	03/01/2014	2
BikramRetreatwithJudy	Yoga	02/23/2014	02/28/2014	15
DebLee2014	Yoga	02/27/2014	03/04/2014	27

March 2014

Group Name	Educational Focus	Arrive	Depart	Students
Mandalas4Joy	Metaphysical/Meditation	03/04/2014	03/08/2014	14
ChristieMarshall	Yoga	03/08/2014	03/14/2014	29
Miller2014	Metaphysical/Meditation	03/12/2014	03/20/2014	11
Rosenthal2014	Metaphysical/Meditation	03/17/2014	03/23/2014	6
Linson	Yoga	03/17/2014	03/23/2014	22
AspenSynergy2014	Yoga	03/23/2014	04/01/2014	12
DrKlapper2014	Yoga	03/28/2014	04/06/2014	32

April 2014

Group Name	Educational Focus	Arrive	Depart	Students
RamDass2014	Metaphysical/Meditation	04/08/2014	04/14/2014	46
Potoncik2014	Yoga	04/14/2014	02/14/2015	48
Wilson2014	Yoga	04/14/2014	04/21/2014	14
HRCFS-SOIF	Business	04/19/2014	04/24/2014	42
Albert DeSilver	Yoga	04/23/2014	03/27/2015	76
Corallo	Yoga	04/27/2014	05/02/2014	11
Weir2014	Metaphysical/Meditation	04/27/2014	05/03/2014	13

May 2014

Group Name	Educational Focus	Arrive	Depart	Students
Villani2014	Yoga	05/02/2014	05/09/2014	23
Fogden-Moore	Fitness	05/03/2014	05/09/2014	7
Swan2014	Metaphysical/Meditation	05/05/2014	05/09/2014	6
Olukai 2014	Business	05/08/2014	05/13/2014	47
IreneLaney	Yoga	05/14/2014	05/20/2014	18
Fightmaster/Allard	Yoga	05/20/2014	05/26/2014	19

RawBrahs2014	Metaphysical/Meditation	05/27/2014	05/31/2014	19
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June 2014

Group Name	Educational Focus	Arrive	Depart	Students
Keating2014	Metaphysical/Meditation	06/04/2014	06/08/2014	21
Kameron 2014	Yoga	06/12/2014	06/16/2014	32
Dorian2014	Metaphysical/Meditation	06/16/2014	06/21/2014	15
Voinar2014	Yoga	06/21/2014	06/27/2014	2
KippJuly2014	Metaphysical/Meditation	06/29/2014	07/09/2014	37

July 2014

Group Name	Educational Focus	Arrive	Depart	Students
HeatherPaulson2014	Yoga	07/13/2014	07/20/2014	10
Vang/Charles	Business	07/19/2014	07/26/2014	54

August 2014

Group Name	Educational Focus	Arrive	Depart	Students
Rosemary2014	Yoga	08/09/2014	08/26/2014	10
Komar 2014	Yoga	08/26/2014	08/31/2014	33

September 2014

Group Name	Educational Focus	Arrive	Depart	Students
Fletter 2014	Yoga	09/01/2014	09/07/2014	18
Huang/Yin	Business	09/12/2014	09/14/2014	2
SylviaAbergil2014	Yoga	09/13/2014	09/20/2014	5
Sargleski2014	Yoga	09/15/2014	09/21/2014	20
CroninGroup	Yoga	09/19/2014	09/26/2014	16
Jones 2014	Business	09/20/2014	09/29/2014	51

October 2014

Group Name	Educational Focus	Arrive	Depart	Students
Asta Yoga 2014	Yoga	10/01/2014	10/05/2014	24
Timpany2014	Yoga	10/04/2014	10/16/2014	16
Silbert2014	Yoga	10/05/2014	10/16/2014	10
Crandell2014	Yoga	10/16/2014	10/22/2014	50
ShantiYoga2014	Yoga	10/22/2014	10/26/2014	9
Drucker2014	Yoga	10/22/2014	10/26/2014	26
Sianna Sherman	Yoga	10/26/2014	11/02/2014	46

November 2014

Group Name	Educational Focus	Arrive	Depart	Students
Lanie/Devina2014	Yoga	11/01/2014	11/08/2014	23
AndreaFournet	Yoga	11/02/2014	11/08/2014	29
McNeil 2014	Yoga	11/08/2014	11/15/2014	7
JudyLouie#2	Yoga	11/08/2014	11/13/2014	16
Zawada2014	Yoga	11/14/2014	11/22/2014	17
Robblee2014	Meditation/Metaphysical	11/19/2014	11/26/2014	7
Pietsch	Business	11/26/2014	11/30/2014	48

December 2014

Group Name	Educational Focus	Arrive	Depart	Students
Berry2014	Yoga	12/27/2014	01/06/2015	13



LUMERIA

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ADDENDUM A

2014 CLASSES AND PROGRAMS

AT LUMERIA MAUI

- Weekly Class Schedule Example
- Class Flyers
- Program Descriptions
- Teacher Bios
- Enrollment Form Examples



LUMERIA
MAUI

— HOURS OF WELLNESS —

December 22 – December 28

THIS WEEK AT
LUMERIA MAUI

CLASSES & PROGRAMS

All classes and programs are complimentary for overnight guests unless otherwise stated. For the public, classes are \$20 drop-in / \$15 Kama'aina. Classes are open to all levels of experience.
*24 Hour Advance Registration Required



MON	8:00 - 9:30am	Anusara Yoga Guided Practice with Erina	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	9:45 - 11:00am	Anusara Therapeutic Yoga with Skeeter	Yoga Room
	11:30 - 12:30pm	Diet and Detox Session with Gyan	Lobby
	5:00 - 6:30pm	Yoga, Breath & Alignment with Danielle	Yoga Room
TUE	8:00 - 9:30am	Anusara Yoga Guided Practice with Chrissy	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	5:00 - 6:00pm	Emotional Freedom Technique with Jennifer and Sammy	Yoga Room
WED	8:00 - 9:30am	Anusara Inspired Yoga with Chrissy	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	4:00 - 5:00pm	Acupuncture Happy Hour with Elisha (\$25-\$40)	Lobby
	5:00 - 6:00pm	Journaling Hour with Elisha	Lobby
	5:30 - 6:30pm	Creative Visualization Meditation with Arlene Fox	Yoga Room
THU	8:00 - 9:30am	Christmas Morning Yoga with Joey	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	5:00 - 6:30pm	Yoga, Breath & Alignment with Danielle	Yoga Room
FRI	8:00 - 9:30am	Anusara Yoga Aloha Friday with Skeeter	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
SAT	8:00 - 9:30am	Anusara Yoga 'Ohana Saturday with Skeeter	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	10:00 - 1:00pm	Special Immersion Workshop with Mark Whitwell	Yoga Shala
	9:45 - 11:00am	Feldenkrais with Skeeter	Yoga Room
	2:30 - 3:30pm	Osho Meditation with Joie	Yoga Room
SUN	8:00 - 9:30am	Anusara Yoga Sacred Sunday with Skeeter	Yoga Room
	8:00 - 12:00pm	Sacred Silent Meditation with Claudio	Bungalow 4
	1:00 - 2:00pm	Essential oils & Aromatherapy with Tami	Lobby
	4:30 - 5:30 pm	Svaroopa Yoga with Rob	Yoga Room



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CLASSES AT LUMERIA MAUI

2014 CLASSES AND PROGRAMS

AT LUMERIA MAUI

Please find some example class program fliers for the retreats we host at Lumeria Maui to get a gauge on our varied educational offerings we provide through our educational program.

All of the educational classes at Lumeria Maui have a focus on either: yoga, metaphysical/meditation studies, business, or off-site watersports.

OPEN TO LIFE YOGA

with Skeeter Tichnor presents

RADIANT ABUNDANCE

Resilience of Nature and spirit.

6 DAY YOGA IMMERSION

This 6 day immersion is a heartfelt dive into the foundations of Yoga as a transformative practice.

When we begin on our path of yoga and when we arrive at the end of the path, the principle is the same, to open and receive, to allow the flow of grace through our embodied form and out into the world as Love.

In this 6 day immersion, we will learn the skills and gain confidence to invite ourselves and each other to let go of limiting movements, thoughts and visions, we will allow Grace/Nature/ the inner teachers light to return us to our perfect state of radiant abundance.

We will focus on learning safe Alignment, and the basics of yoga philosophy, anatomy and physiology. You will refine your body awareness and understand the yogic relationship of Intention, Knowledge and Action.

This 6 day immersion will inspire you and give you all the skills you need to deepen your personal practice or to begin your path to becoming a Yoga Teacher.

If you are interested in pursuing your Teacher Training with us, you will earn 50 hours towards our 200 Hour Teacher Training program through this immersion.

DATES AVAILABLE

2014

AUG 1-6

NOV 14-19

2015

MAR 27 - APR 1

JUN 6-10

SEP 5-9





LUMERIA
MAUI

1813 BALDWIN AVE. MAKAWAO, HI 96768



5Rhythms® Moving Meditation

Ecstatic dance practice of Gabrielle Roth



with Kabba Anand



Georgie Jahner



Masha Delfinden



& Sunaya Bencina

Sundays 10:30am - 12:00pm

\$15 drop in - \$8 for Lumeria guests

No experience necessary

This is a gently guided moving meditation, with music.
You will be guided by the wisdom of your own feet and breath,
allowing your emotions and experiences to take shape
and become your dance,
finding rhythm, and resting in stillness.

www.lumeriamauui.com | reservations@lumeriamauui.com | (808) 579-8877
Facebook: [lumeriamauui1](#) • Twitter: [@lumeriamauui](#) • Instagram: [@lumeriamauui](#)
1813 Baldwin Ave. Makawao, HI 96768



LUMERIA

Guided Meditation

Tuesdays 4:30 pm, Yoga Shala
with Live Music, Donation



TAKE TIME TO TURN IN

Meditation is the Ultimate Luxury-Osho

The assistance of live music and voice between gaps of silence support the deepening of meditation for relaxed awareness, free from the interference of thought. It provides an anchor to the present moment. Words from Osho support the continuation of this wherever you go, whatever you may do, from moment to moment.

For info contact Joie Yasha at 808-344-0195 www.bodymindwellness.org



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OSHO

MEDITATIONS



7:30pm MONDAY & WEDNESDAY
\$ DONATION

**O S H O MEDITATIONS ARE SCIENTIFICALLY
DESIGNED FOR BUSY AND DIGITAL MODERN
LIFESTYLES. MEDITATIONS MAY INCLUDE
MOVEMENT, BREATHING, OR SOUND. A
DIFFERENT MEDITATION IS OFFERED EACH
EVENING.**

*with Yasha
and Sherri Dhyan*



Come experience Lumeria Maui—a luxury educational retreat offering accommodations, classes and programs in yoga, meditation, essential oils, sound therapy and gardening. Featuring 24 luxurious guest rooms and suites, a saline pool/Jacuzzi and a farm-to-table dining room. Our private six-acre ocean view compound is surrounded by tropical and edible organic gardens, stunning communal areas and meditation gardens.

www.lumeriamauai.com | reservations@lumeriamauai.com | (808) 579-8877
Facebook: [lumeriamauai1](#) • Twitter: [@lumeriamauai](#) • Instagram: [@lumeriamauai](#)
1813 Horden Ave, Maui, HI 96758



LUMERIA MAUI
Wellness & Retreat

CHI GONG FOR HORMONAL BALANCE

at Lumeria Maui
w/ Maha Conyers

Maha Conyers, MA, LMT, Rev., has studied Tai Chi, Chi Gong, Meditation with different Masters worldwide since 1978

**MONDAYS AND
WEDNESDAYS**



3:45 - 4:45pm

\$15 drop in | Class Pass

Relaxing. Calming. Invigorating.

Build you strength of spirit
Benefits include: increased
libido, flexibility, and immunity

www.lumeriamaui.com

   : lumeriamaui



Come experience Lumeria Maui - a luxury educational retreat offering accommodations, classes, and programs in yoga, meditation, essential oils, sound therapy, and gardening. Featuring 25 luxurious guest rooms and suites, a saline pool/jacuzzi and a farm-to-table dining room. Our private six-acre ocean view compound is surrounded by tropical and edible organic gardens, stunning communal areas and meditation gardens.

1813 Baldwin Ave
Makawao, HI 96768



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INTRO TO CONTACT IMPROV DANCE CLASS



followed by...

SLOW FLOW MOVEMENT/DANCE

Slow Meditative Music
Move alone, partnered, grouped

Every Monday:

6:30pm - 7:30pm Intro to Improv Dance Class | 7:30pm - 9:30pm Slow Flow Movement/Dance
at Lumeria Maui 1813 Baldwin Ave. Makawao

\$5 Donation

Info: Deek at 344 - 5849

SLOW DOWN and CONNECT

 **Free Style Dance Maui**

Music will be Slow, meditative, Heart Opening and danceable.

A WELCOME SPACE FOR ALL FREESTYLE, AUTHENTIC, SPONTANEOUS,
AND IMPROVISATIONAL DANCE AND MOVEMENT.

INCLUDING BUT NOT LIMITED TO: contact improv | self expressive dance | freestyle dance
HOOPING | tai chi | yoga (bring mats) | partner YOGA | BODY work (bring mats or tables)
physio balls play and stretching | stretching | meditation | creative movement
send us other suggestions to add

Questions: Deek call/text 344-5849 movebetter2@gmail.com

Lumeria Maui invites individual travelers and retreat participants to connect with the 'aina and the mystery of Maui on 6 ocean view acres with 25 individually appointed guest accommodations. Lumeria features organic gardens, elegant gathering spaces, yoga practice studios and meeting rooms, and a farm-to-table dining experience.

www.lumeriamauui.com reservations@lumeriamauui.com (808) 579-8877

Facebook: [lumeriamauui1](https://www.facebook.com/lumeriamauui) Twitter: [@lumeriamauui](https://twitter.com/lumeriamauui) Instagram: [@lumeriamauui](https://www.instagram.com/lumeriamauui)



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**Relax on Fridays
4:30 to 6:00 pm**



Ali and Bob Carter invite you to:

*Beginning
Chi Kung and Tai Chi*

*... for better balance, toning, strengthening and stamina
... helps with the flow of life force energy ... improves
intuition, inner peace and one's connection with the Divine.*

*Chi Kung and Tai Chi are meditation in motion,
"Graceful" in movement, slow in tempo,
and fluid in natural postures*

Please see www.spiritualwakeup.com for additional information.



Drop-in: \$20/\$15 Kama'aina



Come experience Lumeria Maui--a luxury educational retreat offering accommodations, classes and programs in yoga, meditation, essential oils, sound therapy and gardening. Featuring 24 luxurious guest rooms and suites, a saline pool/Jacuzzi and a farm-to-table dining room. Our private six-acre ocean view compound is surrounded by tropical and edible organic gardens, stunning communal areas and meditation gardens.

www.lumeriamau.com reservations@lumeriamau.com (808) 579-8877
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ACUPUNCTURE HAPPY HOUR

There is absolute MAGIC created in community.

Come add your qi to the Dance!

The Happy Hour is located in the Meditation Room.
Please come with clothing that can be easily moved around.

WEDNESDAYS

5 - 6:30PM

\$25 - \$40



ELISHA WEINBERG

Come enjoy a true elixir of life! Acupuncture in the round offers an experience of deep permeating calm. Allow yourself to sink deeply in, float, and then arise more balanced, whole and alive. Each treatment comes with ear needles to begin. The ear needles open your heart, calm your nervous system and promote a sense of deep wellness. If you would like to add on one other concern to the mix, then body points can be added. Sit in stillness for as long as you feel while the merging of everyone's energy rises to heal the collective whole. Experience the dance of life around you. This is not your Grandmother's Acupuncture. This weekly ritual may become your favorite part of the week!

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LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF PRIMORDIAL SOUND MEDITATION



"Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there — buried under the 50,000 thoughts the average person thinks every day."

~ Deepak Chopra, M.D.

LEARN HOW TO CREATE INNER PEACE IN YOUR LIFE

After in depth studying with Shakti Gawain and Deepak Chopra, Chopra certified instructor, Arlene Fox, has developed a unique way of blending the wisdom of Deepak's 7 Spiritual Laws of Success with the flow of Shakti's Creative Visualization. She gently guides you to connect with your own, authentic inner self.

Practicing Meditation on a daily basis will help you:

- Manage stress & reduce anxiety
- Improve your relationships
- Enhance your sleep patterns
- Create inner peace
- Lower your blood pressure
- Connect more deeply to spirit

Enjoy Arlene's blissful, guided meditation at Lumeria Maui:

Wednesdays 5:30- 6:30 pm

*Call Arlene for details (808)281-4650



"I love Arlene's meditation. She easily draws you into connection with your higher self."
~Shakti Gawain, author of Creative Visualization

Lumeria Maui invites individual travelers and retreat participants to connect with the 'aina and the mystery of Maui on 6 ocean view acres with 25 individually appointed guest accommodations. Lumeria features organic gardens, elegant gathering spaces, yoga practice studios and meeting rooms, and a farm-to-table dining experience.

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On-Site Educational Programs

Lumeria Maui Classes and Workshop Description

Yoga Classes

**Anusara Yoga
(Advanced Session)**
Ms. Geraldine
Christopher-Tichnor

The teacher will deepen the student's awareness of prana and how it allows us to dance with grace and elegance as the class moves into many of the more intermediate and advanced forms of Asana. All of the Yoga taught by Geraldine Christopher-Tichnor is grounded in the inspiring heart opening and safe Alignment Methodology of Anusara Yoga. Ms. Christopher-Tichnor is a certified Anusara practitioner. Diving into the relationship of the heart and the body using the Universal Principles of Alignment established in Anusara Yoga, these classes are designed for those who have a regular yoga practice.

**Anusara Yoga
(Advanced Session)**
Ms. Chrissy Kapoor

The teacher will guide the class to move into many of the more advanced forms of Asana. Ms. Kapoor is a licensed Anusara Inspired Teacher. This class is designed for those who have a regular yoga practice and are for students interested in deepening their awareness of prana.

Vinyasa Flow
Ms. Chrissy Kapoor

This class combines music with the traditional Vinyasa Flow sequences to create a relaxing and deeply nurturing yoga practice. The teacher will guide each student individually while the music adds its own unique vibration to the class. Vinyasa Flow focuses on breathing and pace. Students are encouraged to go at their own pace while challenging themselves and their bodies to get the most out of this class.



Feldenkrais
Ms. Geraldine
Christopher-Tichnor

In this class, the lessons students will be given precisely structured movement explorations that involve creative thinking, sensing, moving, and imagining. The teacher has designed the program based on developmental movements we all did as children. Some are based on more abstract explorations of joint, muscle, and postural relationships. The lessons consist of comfortable, easy movements that gradually evolve into movements of greater range and complexity. After an Awareness Through Movement class, students have often commented that they feel much younger, move and think with greater ease, and see the full vibrancy of the world around them.

Svaroopo Yoga
Mr. Robert Gold

Svaroopo yoga uses body and breath to access your innermost essence, by decompressing your spine so your innermost current of energy flows unimpeded from tail to top. Classes focus on precision, making sure the body aligns itself most effectively for immediate bliss and profound healing power. Svaroopo is a sophisticated system that focuses on overall health and well-being.



Metaphysical Classes

Zen Meditation
Mr. Claudio Pena

A unique, team approach to direct communication with spirit, offering deep insights and guidance into student's spiritual and energetic healing. Teachers help students gain a clear understanding and awareness of their individual healing process to aid in overcoming spiritual, mental, physical, or emotional ailments.

Osho Meditation
Ms. Joie Yasha

Meditation is the route to who you really are and your potential. It is the methodology of the science of awareness. The teacher has designed Osho meditations specifically for modern lifestyles. These methods effectively relax the mind while enhancing the knack of watching habitual patterns in a new way. Meditations such as Kundalini, Gibberish, Nadabrama, may include movement, breathing, or sound. Each day a different Osho meditation is offered by the teacher to fit student needs. "In my vision this world is a school. Here we are taught small lessons. Behold the flowers and bloom like flowers. Behold the rainbows and dye your life in rainbow colors." – Osho.

Intuitive Awareness
Mrs. Evie Zepernick

With Evie Zepernick, students realize and develop their psychic abilities; clairvoyance, clairaudience, clairgnosis, clairpathy, clairsentience, clairscent, and clairsavorance. Students learn how to connect to their focal point, and receive clear guidance from the realm of spirit. Experience instruction in grounding, invoking spirit alliance, setting intention, creating protective boundaries, and channeling.

**Crystal
Manifestation**
Mrs. Evie Zepernick

Crystals are capable of amplifying the energies of one's spiritual transformation. This class realigns the physical body with the soul's life purpose by connecting with the essential soul self and spirit guides. Students will work individually and together to reconnect with their truest self and find peace in the moment. Lessons consist of easy and comfortable movements in addition to group and individual work with the instructor.



Emotional Freedom Technique

Ms. Jennifer Iseely

Emotional Freedom Technique is quickly becoming one of the leading natural therapies worldwide. EFT allows individuals a better forum to express themselves for their mental health. In the busy modern world, many feel a lack of connection to the self and to others. This class allows students to look within themselves and seek true connections, providing mental, physical and emotional relief.

Learn to Meditate

Ms. Arlene Fox

During this meditation class, Arlene will gently guide you through a variety of meditation techniques integrating body and mind with spirit. You will ~ Practice components of Deepak Chopra's Seven Spiritual Laws of Success. Open energy centers through an array of gentle body movements, Pranayama exercises, Chakra opening and vocal toning. Practice Shakti Gawain's Creative Visualization technique to ground your energy, create a magical inner space, connect with the spirit of your understanding, receive divine guidance, manifest a goal, fly with your spirit bird and more! Each class will end with a soothing mantra based meditation.

Beginning Chi Kung and Tai Chi

Mr. Robert Carter
and Mrs. Ali Jones-
Cater

Chi Kung and Tai Chi improves better balance, toning, strength, and stamina while providing an easy platform for students to go beyond their physical limitations. It helps with the flow of life force energy, improves intuition, inner peace and one's connection with the Divine. It is meditation in motion, graceful in movement, slow in tempo, and fluid in natural postures.

Chi Gong for Hormonal Balance

Ms. Maha Conyers

Chi Gong is a relaxing, calming, and invigorating experience. This class will build your strength of spirit in addition to your physical body. Benefits include increased life force essence, flexibility and immunity. The instructor will guide students through slow movements juxtaposed with strenuous poses to create an effective physical and mental exercise for students.



**5 Rhythms Moving
Meditation**

Mr. Kabba Anand

This is a gently guided moving meditation with music. Students are guided by the wisdom of their own feet and breath, allowing their emotions and experiences to take shape through dance finding rhythm and resting in stillness.

**Devotional Song and
Dance Kirtan**

Ms. Rasa Priya

Music and dance allow students to express themselves physically and emotionally. Through sharing heart songs, Kirtan, and other devotional music, the instructor creates a healing sound session where students can connect through chakra and meditation. This class is a full sensory experience where students can be free to express themselves in concert.

**Intro to Contact
Improv Dance Class**

Mr. Deek Martin

This class provides a welcome space for all freestyle, authentic, spontaneous, and improvisational dance and movement. This class includes but is not limited to: contact improve, self-expressive dance, freestyle dance, hooping, tai chi, yoga, partner yoga, body work, physio balls, play and stretching, meditation, and creative movement.

**Slow Flow
Movement/Dance**

Mr. Deek Martin

The instructor creates a new way for students to express themselves every week. Based on community, the entire class comes together for authentic movement and dance.



Horticulture Classes

In the Hawaiian tradition, people are not separate from the land. To be Kama'aina -local to the islands - literally means "of the land." For this reason, Lumeria Maui is dedicated to offering comprehensive programs in growing and understanding the source of our food. Students can take a guided walking tour of our native plant gardens with a revered local Kupuna, spend time harvesting ingredients for a meal from our gardens, or take a class in creating their own gardens. Either way, students will be amazed at what will happen when they begin to work with the land, connect with the food that nourishes you, and take in the healing energy of the sacred 'Aina on Maui.

Hawaiian Medicinal Plants: Use and Propagation Ms. Anne Gachuhi	Hawaiian cultural and ethnobotanical lessons in Lumeria Maui's own Hawaiian Medicinal Herb Gardens. Students will learn about the common and not-so-common endemic medicinal plants that can be found in Hawaii and on Lumeria Maui's grounds. Tuesdays: Introduction to Hawaiian Medicinal Herbs Thursdays: Harvesting and Using Hawaiian Medicinal Herbs Saturdays: Hawaiian Medicinal Teas and Tinctures These classes will cover Basic History of the Hawaiian Islands as well, including ecological evolution and paleo cultural history and settlement.
Aromatherapy Ms. Andrea Berset	Allow the power of the Hawaiian medicinal plant kingdom to work its wonders as students receive the benefits of its healing fragrances massaged into their skin and muscles. Students will learn and choose from a selection of handcrafted essential oils to individualize their treatment based on their current needs – be it revitalization after jet lag, harmonizing work and personal life, or relaxing into their long-awaited vacation.
Grow Your Own Organic Garden Ms. Anne Gachuhi	The teacher will talk about the basics of soil science, how to enrich soil to produce healthy, high-yielding plants. The course will also cover the basics of making and using compost, the principles of crop rotation and how to incorporate green manures and manage nutrients in the garden. Other topics will include how to tell the difference between cultivated plants and weeds, basic weed control strategies and common insect pests and methods of natural insect control.



Off-site Educational Programs

Water Sports Classes

Hawaii is the birthplace of surfing. Hawaiian royalty practiced surfing to maintain their strength, agility and health. Legendary native Hawaiian waterman and Olympic swimming champion, Duke Kahanamoku, made this "sport of kings" world famous outside of Hawaii in the 1920s. Maui's North Shore is widely considered a Mecca for wind surfing and kite surfing, as well as a world-class venue for surfing and stand-up paddle boarding. Here at Lumeria Maui we have created programs with legendary surfing professionals.

We understand that water activities promote personal breakthroughs and increase physical and mental performance. Legendary surfers and professional athletes Buzzy Kerbox and Suzie Cooney have developed our training programs to prepare students on-property for their ocean experiences. Lumeria Maui is just minutes from Ho'okipa Beach Park. With its crystal clear waters and white sand beach, it is one of the world's most coveted destinations for wind surfing and kite surfing. Dozens of other surfing venues, for surfers, stand-up paddlers and bodyboarders of all skill levels, can be found throughout the island. Snorkeling, scuba diving, sailing and sport fishing are also popular in this tropical island paradise. Lumeria Maui's instructors will assist you in your water sports programs and experiences.

Windsurfing & Kiteboarding Program

Learn from the pros! Experience windsurfing and kiteboarding on Maui's legendary north shore surf! Beginners will learn on more mild swells while guided by teachers, and advance to the infamous Ho'okipa hotspot. All levels welcome - students will learn and experience with our watersports professionals.

Lumeria Maui's Daily Stand-Up Paddleboarding Program

Daily Stand-up Paddling lessons and adventures! Experience SUP with one of Lumeria's watersports professionals - have a safe, fun time while learning history and technique and strengthening and toning your muscles. SUP is a full-body workout, requiring the work of myriad muscle groups to keep you balanced, as well as the muscles involved in paddling. The history of SUP is fascinating, and you will have a wonderful time learning from Lumeria's expert facilitators.



Lumeria Maui Teacher and Retreat Leader Bios

Ms. Geraldine Christopher-Tichnor

- Anusara Yoga (Intermediate Session)
- Feldenkrais

Skeeter Tichnor's yoga practice is known for its fluid beauty. In her teaching she evokes a sense of ease and elegance, enriched by years of experience as an instructor, yogini, dancer, ocean enthusiast, and former member of the U.S. Free Style Ski Team. (In addition to her yoga discipline, Skeeter has worked for many years with people who have developmental disorders, including traumatic brain and spinal cord injuries.) In her classes, students learn how to reconnect with their bodies, listening to its natural intelligence with their mind, heart, and spirit.

A student of yoga for more than 30 years, Skeeter has taught in Europe, Africa, Canada, Japan, Australia, Hawaii, and on the mainland U.S.A. Her courses include immersive training, teacher training, Feldenkrais Awareness, therapeutic training, retreats and workshops, in addition to daily classes, private yoga sessions, and private hands-on Feldenkrais. She is a certified Anusara yoga teacher, Feldenkrais teacher, and Bones for Life teacher. In total, Skeeter has completed over 10,000 hours of yoga, dance, and athletic movement teacher training.

Ms. Chrissy Kapoor

- Anusara Yoga (Morning Advanced Session)
- Vinyasa Flow

Chrissy Kapoor is a dedicated Hatha yoga teacher and Zen Shiatsu massage therapist living on Maui since 2004. Her foundational knowledge of the principles of alignment established in Anusara Yoga combined with her work with the meridians of Chinese Medicine, gives her a unique understanding of subtle energy and how it moves through the body. Her work is greatly influenced by the power and beauty of Maui. Chrissy has devoted seven years to the study and practice of Anusara Yoga and in 2010 received an Anusara – Inspired license and a massage therapy license. She is registered with Yoga Alliance at the 500 hr level. Since 2010, Chrissy has been teaching yoga on Maui, helping students feel subtle shifts that become profound doorways of transformation and healing. In 2012, Chrissy shifted her massage practice to focus on Zen Shiatsu and now works primarily with energy in the body. Known for her intuitive and warm nature, each class or private session with Chrissy holds space for you to discover your inner teacher and the wellspring of wisdom and Love inside your own heart.



Ms. Rasa Priya

-Devotional Song and Dance Kirtan

Prema Love is a poet, mystic & musician of the Heart. Her Mission & passion in Life is to reach as many hearts & souls as possible in her lifetime, through sharing heart songs, Kirtan & conscious devotional Music. She has been a Resident on the Mendocino Coast for 8 Years and done lots of Traveling over the years, to bring her music to Places like Maui, Kauai & India. She has played in Universal Temples, at Festivals, House concerts, The Children's Hospital & in special facilities for the elderly. She has also played music in many different venues around the country. Her wider vision is to travel the Globe and to reach people in other countries & to build a bridge Through Global awakening music. She believes that music from the heart & when directed in Love are meditations & prayers that can uplift, heal, reveal, & transform our entire lives. It's more than just music Prema shares, she creates a beautiful, inviting, safe, sacred temple space wherever she goes. Her intention is for others to come together in community to sing their prayers, celebrate & Unite as One Global Family.

Mr. Claudio Pena

- Zen Meditation

Claudio Pena is a longtime zen meditation practitioner who has taught all over the world. He lives to share the gifts of the practice with people from all around the world. We are lucky to have him share his vision with Lumeria Maui.

Ms. Joie Yasha

- Osho Meditation

Dr. Joie "Yasha" Taylor is a loving compassionate meditation and movement teacher in Maui, Hawaii. She is known for her supportive, attentive approach that assists in deepening meditation and inspired movement. She is certified as an Osho Information center by the Osho International Meditation Resort. Her dance and movement experience includes yoga, west African, Congolese, modern, jazz, hip-hop, salsa, and Hatian. She is a polymath, an environmental engineer, musician, hypnotherapist, artist, and jeweler. Her combined experiences bring a unique, dynamic, and inspirational experience.



Ms. Arlene Fox

- Learn to Meditate

Arlene has been practicing Creative Visualization and other meditation techniques for over 20 years. She has led guided meditations on retreats and yoga classes in Santa Ynez Valley, CA, Boston, MA, Bali, Indonesia and Maui, HI. She has had the privilege of working directly with Shakti Gawain, as her Mentor for 2 years. She has also trained in the soothing practice of Yoga Nidra at the Kripalu Center in MA. Arlene recently graduated from the Chopra University with a certification in Primordial Sound Meditation and leads courses and personal instruction in learning this unique meditation tool which helps you connect with your soul on a deep level, based on the vibration the universe was making at the time of your birth. She believes meditation has led her to find her true Dharma/purpose in life and enjoys guiding others to find their own.

Arlene has earned her Master of Education and Special Education and has been teaching the amazing children of Maui at the elementary school level for the past 15 years. Ms. Fox is known as the fun, peaceful teacher by her students who love and adore her.

~~She also works part-time at the Maui Ocean Center as a marine naturalist, immersing herself in her passion for Maui's sea life, and leads an~~
intriguing, interactive Story Time & Crafts for children.

Mrs. Evie Zepernick

- Intuitive Awareness

- Crystal Manifestation

Evie completed her undergraduate work at Cornell University and received a double Masters degree in Clinical Psychology and Art Therapy. She sought a career that would enable her to access a deeper way to enlighten consciousness in the human psyche. Fascinated with the human mind and consciousness, Evie became interested in meditation. She sought to achieve peace and calm in all her activities, particularly in sculpting and working with stones, crystals, and other earth elementals. Her work strives to help people realize a state of intuitive awareness in all aspects of one's life.



Ms. Andrea Berset

- Aromatherapy

Andrea Berset has been on an Incredible Journey of self healing and takes GREAT JOY in sharing the healing benefits of pure plant medicine with everyone! Having experienced her own radical transformation of her Mind, Body and Soul, she is passionate that it is her life's purpose to help others create and sustain healthy, vibrant, and thriving lives as well! The discovery of Pure Essential Oils has had a profound affect on her life long battle with Rheumatoid Arthritis, and instilled a desire in her to educate others on natural healing.

Ms. Anne Gachuhi

- Hawaiian Medicinal Plants - Use and Propagation

Grow Your Own Organic Garden

Anne Gachuhi is a horticulturalist and the Founder and CEO of "Home Gardening Support Network, L.L.C". She is a former University of Hawaii Extension Educator and Maui Master Gardener Coordinator. She holds both a Masters degree and Bachelor of Science degree in Horticulture. She has more than 20 year's experience; teaching horticultural, gardening and educational programs focused on the environment and sustainability for home gardeners, the youth, teachers commercial growers and people involved in the greens industry. Anne has worked with the private sector, the government, and a total of 5 Universities both in the USA and Africa (University of Hawaii, Univ. of Illinois, Univ. of Minnesota, Univ. of Missouri and Egerton University).

Mr. Charles Fleck

- Windsurfing and Kiteboarding Program

Charlie Fleck is the founder of Blue Soul Maui and is very passionate about the sport of Hawaiian Outrigger Canoe Racing and this passion is evident in every tour he takes out. Charlie spends his free time coaching a team of first year paddlers at Wailea Canoe Club and competing in outrigger canoe racing in Hawaii. Charlie and his team recently finished 3rd in the State Championship races.



Ms. Suzie Cooney

- Stand-Up Paddle Boarding

Suzie Cooney's wide-ranging experience in the sports orthopaedics and physical therapy field, has allowed her to expand my current working knowledge of the human anatomy and increase her awareness of a client's limitations and/or injuries. She will work with the guidance of your physician on an as needed basis. She is a Certified Personal Trainer through the internationally known National Academy of Sports Medicine (NASM) founded in 1987 by a group of recognized physicians, physical therapists, and fitness professionals. This organization is committed to research and development as well as innovative, cutting edge concepts and applications in the areas of personal fitness training, performance enhancement, corrective exercise, sports rehabilitation and kinetic-chain therapy. She continually increasing my scope of knowledge and education through specialized, accredited affiliations that permit me to deliver the best in quality, client care.

She specialized in helping people prepare for open ocean stand up paddling such as Maliko downwinders and also offer my expertise in SUP racing. She strives to help and specialize water sports performance such as SUP, surfing and windsurfing.

Ms. Jennifer Masters

- Adore Yourself, Be Adored Retreat

Jennifer Masters is a teacher, author, lecturer, and psychic. She leads students through a journey filled with love and awakening. Her toolbox is filled with gifts that will dramatically impact your place in this world. Her clarity, compassion and grace are a natural catalyst for exponential healing and love. Through Jennifer's own journey of healing: depression, illness, and unworthiness, she teaches others. Jennifer's radiance is the power and blessing she has embraced along the way. Being comfortable in her own skin, authentic and true to her gifts, she shares the secret to finding your bliss within.

Dr. Irene Metro

- Fibromyalgia Retreat

Dr. Irene Metro is a Board Certified Internal Medicine Physician and has specialized in Fibromyalgia and Chronic Fatigue Syndrome for over 15 years. Dr. Metro's philosophy of healing is to integrate mind, body and spirit.



Ms. Kim McNeil and Ms. Mellisha Fehr

- Maui Soul Retreat

With over 8 years of experience, Kim McNeil specializes in helping those living with arthritis. Her multi-disciplinary approach to yoga therapy helps clients manage their chronic pain, stress, and mobility issues. The result is a huge improvement in their quality of life which includes getting back to doing the things they love.

Mellisha Fehr, owner and director of Omega Massage & Wellness has been a part of the health and wellness industry since 2004. On a leap of faith, she followed her heart and left the corporate world in search of what would give her a sense of purpose, and that professional fulfillment we all crave. Discovering that being of service struck a chord, she enrolled in an accelerated massage therapy program, practiced, studied and wrote her exam to become a Registered Massage Therapist. Massage provided the flexibility needed to excel as a mom, and yoga and meditation helped balance and harmonize her professional and personal lives. And so, one blissful day on her yoga mat, she felt inspired to teach, and so began the blending and braiding of modalities.

Ms. Stephanie Synder

- Maui Yoga Retreat with Stephanie Snyder

Stephanie is the creator of the Yoga Journal DVD, Yoga for Strength and Toning and she is known for her inspirational teaching style. Students appreciate Stephanie's unique ability to infuse her Vinyasa classes with yoga philosophy, conscientious alignment, and heart-felt humor. Her commitment to breath, movement, happiness, and prayer make Stephanie one of the country's most sought after teachers.

Stephanie resides in San Francisco where she has been a teacher trainer for the past decade. She is indebted to her beloved teacher Sri Dharma Mittra for sharing with her the real heart of the practice. She has also been deeply influenced by the teachings of Iyengar yoga.



Mr. Jason Crandell

- Revitalize your Body, Relax Your Mind, Soothe your Soul

Jason Crandell was recently named "one of the next generation of teachers shaping yoga's future" by Yoga Journal for his skillful, unique approach to vinyasa yoga. Jason's steady pace, creative sequencing, and attention to detail encourage students to move slowly, deeply, and mindfully into their bodies. Take a class from Jason and you will leave feeling grounded, clear, and content—and more informed of the nuances and habits of your body and mind. Jason credits his primary teacher, Rodney Yee, teachers in the Iyengar Yoga tradition such as Ramanand Patel, and ongoing studies in Eastern and Western philosophy for inspiring to him bring greater alignment and mindfulness to vinyasa yoga.

In the past 10 years, Jason's "knack for explaining subtle body movements in a way that anyone can understand," (Yoga Journal) has opened many doors. Most recently, Jason created two Yoga Journal DVDs, Yoga for Wellbeing and Your Complete Home Practice Companion: Yoga for Morning, Noon, and Night. He is a contributing editor for Yoga Journal and has written over 13 articles for the magazine and website—many of which have been translated internationally (including Japan, China, Italy and Brazil). Jason teaches extensively at conferences in the United States and abroad and is part of numerous teacher-training faculties. He recently partnered with Yoga Journal to continue creating high-quality, home-practice DVDs. Jason's integrative and accessible teachings support students of every background and lineage, helping them to find greater depth, awareness, and wellbeing in their practice—and in their lives.

Ms. Nicole Lohse and Ms. Janet Corvino

- Maui Yoga Retreat – Playing in the Elements

Nicole Lohse has been teaching yoga since 2005, and finished her Feldenkrais Training in 2012. Her classes and one on one are designed for students to learn, explore & gain a better understanding of how students can move with greater freedom and ease. Enough of feeling old, stiff and unfit already!

Janet Corvino is trained in: Anusara, Flow, Power, Hatha, YHot, Restorative and incorporates all in her classes to fit her students needs. She strives to inspire students to reach past their perceived boundaries and reach for their yoga visions. She hopes to provide a nurturing, playful yet challenging environment in which the students can embrace their potential. She is inspired by yoga students who step outside of their comfort zone. It takes guts. She has the following teaching certifications: E-RYT 500, E-RYT 200 Vinyasa & YHot, 500-hour Anusara



Ms. Ronda Wada and Ms. Cindy Silbert

- Awaken Your True Calling

Ronda Wada has been said to have "x-ray vision for your soul." She is a Life Fulfillment Mentor, Spiritual Business Coach, international speaker and creator of Your Divine Navigation System (formerly known as Sacred Compass), The Business in Your Soul® and The Soul FULL Business Academy. Through private mentoring, events and group trainings, she teaches high achieving women and entrepreneurs how to get the fulfillment along with the financial success they crave in their lives and businesses through aligning with who they really are not just who they think they have to be to get what they want

Cynthia's natural gift is to listen beyond words as she guides women to thrive in every aspect of life from home, work, love, body, soul and money. She is an Author, Coach, Speaker and the Creator of Life Cultivation, a dynamic fusion of eastern and western practices. Life Cultivation transforms your personal or business life through one-on-one coaching, books, workshops and online member programs. Cynthia founded www.BringUtoLife.com and www.CindySilbert.com to inspire and guide women worldwide to realize full self-expression and lasting fulfillment. Cynthia's gift is coupled with over 25 years of experience and education in business, marketing, transformation, and coaching. She currently resides in Del Mar, California with her husband and son.

Mr. Logan Griffin and Mr. Shems Heartwell

- Inner Alchemy Retreat

Logan griffin is an Intuitive Healer, Energy Worker, Yogi and Spiritual Life Guide. He has dedicated his entire life and being as an instrument of universal consciousness and healing energy to serve the highest and best good of all beings. His work encourages the upliftment and inspiration of humanity through the personal healing, self-empowerment and enlightenment of the individual.

Shems Heartwell is a Conscious Empowerment Facilitator, Energy Medicine Practitioner and Relationship Coach. His work blends a broad background of experience, which includes training in somatic and psycho-spiritual psychology, acupuncture, medical qi gong, group constellation work and shamanism. He facilitates individuals, groups, and couples to step out of limiting patterns to access and live in their fullest potential, to experience boundless love and radiant energy.



Ms. Amara Pagano

- Fire of Love – Going Deeper

Amara Pagano first worked with Gabrielle Roth in 1991 and has been a full-time student and teacher of this work ever since. She was certified to teach 5Rhythms Waves in 2001 and 5Rhythms Heartbeat in 2010. She believes in the power of movement to transform suffering to joy and to awaken us to live our fullest potential. Amara's gift is that she embodies so deeply what she teaches that students receive what they need in her presence. She is a soul watcher and a shaman, gently but firmly guiding people in their soul's journey. She travels internationally teaching workshops and intensives. She is the co-founder of Waves Studio in Olympia, WA, former director of the 5Rhythms program at Studio Maui and co-founder of One Dance Tribe. Amara has developed a practice called AZUL Conscious Dance.

Ms. Mirka Kraftsow

- Viniyoga Therapy: Healing for the Body, Mind, Heart and Soul

Mirka Scalco Kraftsow is the AVI Director of Teacher Development where she is a facilitator of personal transformation and a mentor for students on the teaching path. She has co-taught with Gary Kraftsow in the AVI 500 hour Viniyoga Teacher Training for 25 years.

Ms. Althea Moynihan

- Yoga in Paradise

Althea Moynihan completed the intensive residential Yoga and Teacher Training program at the world-renowned White Lotus Foundation in Santa Barbara, California in 2002. She is a member of the International Association of Yoga Therapists (IAYT), and a Registered Yoga Teacher (RYT) with Yoga Alliance, the national education and support organization for yoga in the United States. Additionally, she is a health provider for the Sutter Center for Integrative Holistic Health.

Her personal teaching style blends the benefits of different yoga traditions, emphasizing form and alignment, intelligently holding poses, and weaving breath within movement and stillness. These traditions inform my teaching, allowing her to create a thoughtful sequence of organic and intuitive postures for each individual lesson and class, with an ongoing focus on gratitude, softening, and creating space. The practice improves strength, balance, endurance, and flexibility, while supporting inward reflection and thoughtfulness. My students find new ways of moving, improved posture, enhanced breathing, and a new self-awareness.



Mr. Bryan Fowler

- VariYoga and Maui Retreat

Bryan Fowler is the co-creator of the VariYoga style, which is a style that recognizes and honors the needs of the individual, and offers modifications and options that 'vary' for each practitioner. The VariYoga™ style incorporates and acknowledges the traditions of classical yoga, and presents it in a way that is fun and accessible. This approach provides a wide variety of opportunities for individual discovery and practice. Self-respect is emphasized, as well as modification and adaptation in the physical practice. He is registered with the Yoga Alliance as an ERYT-500.

CLASS ENROLLMENT FORM EXAMPLES

As an educational retreat center, Lumeria Maui requires all overnight lodgers to fill out a Class Enrollment Agreement to acknowledge their participation in classes and programs, to indicate the classes they are interested in participating in, and to waive Lumeria Maui's liability should personal injury result from participation in any onsite or offsite Lumeria Maui classes. By signing the enrollment agreement, overnight lodgers acknowledge that we are an educational retreat center and their participation in our classes and programs is a component of their retreat fee.

Please see the following examples of completed class enrollments. All overnight lodgers fill out and sign agreements at time of check-in, and Lumeria Maui keeps all class enrollment agreements on file along with registration cards.



LUMERIA

— MAUI —

EDUCATION • ADVENTURE • RETREAT

**CLASS ENROLLMENT AGREEMENT
LUMERIA MAUI LLC**

Name of Student(s):

1. Jennifer Fekie ("Student") 2. _____ ("Student")

The following classes are available onsite during your stay at Lumeria Maui. Please check the classes that you will be taking:

- | | | | |
|--|-------|--|-------|
| <input checked="" type="checkbox"/> Yoga | _____ | <input type="checkbox"/> EFT | _____ |
| <input type="checkbox"/> Meditation | _____ | <input checked="" type="checkbox"/> Aromatherapy | _____ |
| <input type="checkbox"/> Crystals | _____ | <input checked="" type="checkbox"/> Horticulture | _____ |

I am enrolling in Lumeria Maui's programs &/or classes. Along with your accommodations, Lumeria Maui agrees to accept you, the Student, in its program. In consideration for accepting the Student into the Lumeria Maui program, I (the Student) agree as follows:

1. I agree to pay the following fees to be enrolled and to participate in the educational retreat center: Your class tuition is included in your Accommodations and Retreat Fee.
2. Unless the student gives Lumeria Maui written notice, otherwise upon the execution of this Agreement, Lumeria agrees that the Student may participate in all activities of the program that are included and will pay for others that are extra.
3. The student will sign-in for all classes and programs the student participates in at Lumeria Maui. Some classes are held on property and some are held off property. Transportation is not provided.
4. By signing my name below, I acknowledge that participation in yoga or any other exercise class exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Lumeria Maui from any and all liability, negligence, or other claims, arising from, or in any way connected, with my participation in Yoga and any other exercise class. My signature also verifies that I am physically fit to participate in Yoga classes, or any other classes, and a licensed medical doctor has verified my physical condition for participation.
5. I understand that Lumeria Maui is an Educational Retreat Center and that enrollment and active participation in our Educational Program is part of my stay at Lumeria Maui for the classes on premises.

Student(s)

Sign

Sign

Name (please print)

Name (please print)

Date

Date

Lumeria Maui, LLC Representative



LUMERIA — MAUI —

CLASS ENROLLMENT AGREEMENT LUMERIA MAUI LLC

Name of Student(s):

1. Green Longen ("Student") 2. Steve Boyle ("Student")

The following classes are available onsite during your stay at Lumeria Maui. Please check the classes that you will be taking:

- ☐ Yoga
☒ Meditation
☐ Crystals

- ☐ EFT
☐ Aromatherapy
☐ Horticulture

I am enrolling in Lumeria Maui's programs &/or classes. Along with your accommodations, Lumeria Maui agrees to accept you, the Student, in its program. In consideration for accepting the Student into the Lumeria Maui program, I (the Student) agree as follows:

1. I agree to pay the following fees to be enrolled and to participate in the educational retreat center: Your class tuition is included in your Accommodations and Retreat Fee.
2. Unless the student gives Lumeria Maui written notice otherwise upon the execution of this Agreement, Lumeria agrees that the Student may participate in all activities of the program that are included and will pay for others that are extra.
3. The student will sign-in for all classes and programs the student participates in at Lumeria Maui. Some classes are held on property and some are held off property. Transportation is not provided.
4. By signing my name below, I acknowledge that participation in yoga or any other exercise class exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Lumeria Maui from any and all liability, negligence, or other claims, arising from, or in any way connected, with my participation in Yoga and any other exercise class. My signature also verifies that I am physically fit to participate in Yoga classes, or any other classes, and a licensed medical doctor has verified my physical condition for participation.
5. I understand that Lumeria Maui is an Educational Retreat Center and that enrollment and active participation in our Educational Program is part of my stay at Lumeria Maui for the classes on premises.

Student(s)

Sign

Sign

Name (please print)

Name (please print)

Date

Date

Lumeria Maui, LLC Representative



LUMERIA

— MAUI —

EDUCATION • ADVENTURE • RETREAT

**CLASS ENROLLMENT AGREEMENT
LUMERIA MAUI LLC**

Name of Student(s):

1. Ana Alvarez ("Student") 2. Juan Menendez ("Student")

The following classes are available onsite during your stay at Lumeria Maui. Please check the classes that you will be taking:

☒ Yoga
☒ Meditation
☒ Crystals

☐ EFT
☐ Aromatherapy
☐ Horticulture

I am enrolling in Lumeria Maui's programs &/or classes. Along with your accommodations, Lumeria Maui agrees to accept you, the Student, in its program. In consideration for accepting the Student into the Lumeria Maui program, I (the Student) agree as follows:

1. I agree to pay the following fees to be enrolled and to participate in the educational retreat center: Your class tuition is included in your Accommodations and Retreat Fee.
2. Unless the student gives Lumeria Maui written notice otherwise upon the execution of this Agreement, Lumeria agrees that the Student may participate in all activities of the program that are included and will pay for others that are extra.
3. The student will sign-in for all classes and programs the student participates in at Lumeria Maui. Some classes are held on property and some are held off property. Transportation is not provided.
4. By signing my name below, I acknowledge that participation in yoga or any other exercise class exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Lumeria Maui from any and all liability, negligence, or other claims, arising from, or in any way connected, with my participation in Yoga and any other exercise class. My signature also verifies that I am physically fit to participate in Yoga classes, or any other classes, and a licensed medical doctor has verified my physical condition for participation.
5. I understand that Lumeria Maui is an Educational Retreat Center and that enrollment and active participation in our Educational Program is part of my stay at Lumeria Maui for the classes on premises.

Student(s)

Sign Ana Alvarez
Sign [Signature]

Name (please print) Juan Menendez
Name (please print) [Signature]

Date 12/4/14
Date 12/4/14

Lumeria Maui, LLC Representative



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ADDENDUM B

2014 RETREAT PROGRAMS

AT LUMERIA MAUI

Please find some example program fliers for the retreats we host at Lumeria Maui to get a gauge on our varied educational offerings we provide through our educational program.

All of the educational programs at Lumeria Maui have a focus on either: yoga, metaphysical/meditation studies, business, or off-site watersports.

Off-site educators are all very knowledgeable in their respective fields and draw students from all over the world.

All overnight lodgers in the dormitory units are required to enroll in and attend on-site educational programs and may participate in Lumeria Maui's regular classes and off-site programs to expand their education during their academic journey.

BLOOMA'S PRENATAL YOGA TEACHER TRAINING

Maui, Hawaii

DECEMBER 11-14, 2014



Join founder and owner of Blooma, Sarah Longacre, and director, Stacy Seebart, in this amazing teacher training that has gone international. Blooma is a registered Prenatal Yoga School with the Yoga Alliance.



Blooma's prenatal yoga teacher training is all about finding the goddess inside.

You will be trained in a sequence specifically designed to empower and prepare women for birth. You'll leave prepared to lead a beautiful prenatal yoga practice that builds a mother's confidence, strength, connects her to her baby, and uplifts her mind, body and spirit.

Blooma is unique in that there are very few schools around the world that offer Yoga Alliance approved prenatal yoga education. We are so looking forward to going on this journey with you. Space is very limited so register now!

Register @ Blooma.com

Lumeria Maui is a luxury educational retreat center connecting people with the sacred 'aina and mystery of Maui through its experiential classes and programs. Located on six magnificently landscaped ocean view acres on Maui's North Shore, the 1909 building was completely restored and features 24 luxurious guest accommodations. www.lumeriamauui.com

The **FIRST 10 STUDENTS** to register by Sept 1st will receive an amazingly sweet Blooma Gift Bag, valued at over \$120!

All inclusive private room / \$1943

All inclusive shared room / \$1454

Tuition only* / \$725

**for those not staying at Lumeria*

Meals include Thursday night dinner, Friday and Saturday three meals a day, and Sunday breakfast and lunch.





LUMERIA
MAUI
RESORT • RESTAURANT • GOLF

VINYASA YOGA RETREAT with **JASON CRANDELL**

October 16th - 22nd, 2014

Join Jason Crandell—one of today's most respected, internationally sought-after teachers—for a 5-day yoga retreat on the incomparable island of Maui. Enjoy a lush tropical sanctuary with farm-to-table meals, saline pool and jacuzzi, and stunning meditation gardens.

YOUR PRACTICE

In the mornings, enjoy a mindful, balanced vinyasa practice that will awaken and revitalize your body. You will deepen your practice with hip-openers, backbends, arm-balances, inversions, and standing poses (of course, options will be given for students that need them). In the afternoons, develop your seated meditation and pranayama practice, preparing for each with forward bends, twists, side-bends and restoratives. Each practice will strike a balance between effort and relaxation, and will be taught with Jason's unique blend of alignment cues, sustainable pace, and mindfulness teachings.



Jason Crandell was recently named one of the U.S.' "next generation of yoga teachers" (Yoga Journal), for his skillful, unique approach to vinyasa yoga. Jason is the creator of 4 Yoga Journal dvd's including "Yoga for Wellbeing" and author of Yoga Journal's newest column entitled "Align and Refine." He is a contributing editor for Yoga Journal and has authored over 20 articles, many of which have been translated in international editions. One of today's most respected educators, Jason has been teaching at national and international Yoga Conferences for 10 years. Jason's classes will leave you feeling clear, grounded and content.

For more information go to www.jasonyoga.com



**Reserve Today!
Only 3 Spaces
Left**

MAUI HEALTH & RENEWAL RETREAT

MAY 1 - MAY 6, 2014

DR. LYNN'S RENEWAL & TRANSFORMATION RETREAT A RETREAT FOR YOUR SOUL

**If you are burned out, stressed out, feeling stuck, unhealthy, unhappy and in a cold climate
...This retreat is for you!**

You will find pure bliss, fun renewed health, happiness, warmth, connection & new friends for life!



Dr. Lynn von Schneidau is a Naturopathic Physician in Seattle, Washington. She is a graduate of Bastyr University and founder of Pure Renewal. Her company specializes in teaching wellness classes in beautiful locations throughout the world.

- Discover what it truly feels like to be healthy in an incredible setting.
- Stimulate all your senses: body, mind and soul so you can truly heal and achieve optimum health.
- Take away the impediments to health, remove stimulants, stress, unhealthy habits, processed foods and replace with live nutrients from freshly made juices and fresh whole foods.
- Learn tools for your physical, emotional, mental and spiritual health.
- cleanse your 5 detoxifying organs through freshly made juices, whole organic foods, detoxifying supplements, shakes and teas.
- Transform your energetic body through chakra clearing, essential oils, herbs and nutrition.

- **5 nights shared accommodations**
- **3 meals/day**
- **organic juices freshly made each day**
- **yoga**
- **Dr. Lynn's mind, body & spirit interactive workshops**
- **daily beach walks**

optional excursions:

- bamboo forest hike
- ocean plunges
- snorkeling
- dolphin encounters
- Haleakala crater tour
- kayaking
- zipline
- sunset cruise



**RESERVE TODAY:
206-779-7869**

email drlynn@purerenewal.com

20
14

**SOIF-HRCFS
SPRING RETREAT
ASIA PACIFIC@
HAWAII FUTURES**

**MAUI
SUN//APR 20
THROUGH
WED//APR 23**



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THE CONTEXT

In October 2014, China will host the APEC economic leaders meeting at Yanqui lake, near Beijing, on the theme "Shaping the Future through Asia-Pacific Partnership." A month later in Brisbane, Australia will convene the G20 summit with a similar focus: strategies to stimulate growth, and building global economic resilience.

But beyond the new century's narrative of growth economies, financial crisis, (re-) emerging powers and environmental risks, what will be the Asia Pacific of 2040, and its place in the world?

THE RETREAT

Looking for answers to this and many other questions, the School of International Futures (SOIF) and the Hawaii Research Center for Futures Studies (HRCFS) will lead a 4-day retreat on the island of Maui, Hawaii, from April 20-23, 2014. Experts from a wide range of fields will mix with a select group of policymakers, think-tankers and business leaders to identify the underlying forces and drivers of change that will shape the next 30 years.

By attending Asia Pacific@Hawaii Futures, participants will learn a systematic approach to understanding regional and global challenges, and techniques to position their organization to gain strategic advantage from them.

Guided and provoked by foresight luminaries, and inspired by a dynamic guest speakers, Asia Pacific@Hawaii Futures participants will rejoin their professional lives with a hugely expanded view of the possible, probable, and preferable future paths the future might take, and how best to prepare their organisation for them.

GUEST SPEAKERS AND FORESIGHT FACULTY

- Dr. Jong Guk Song, President of the Science and Technology Policy Institute, Republic of Korea
- Ms Jill Wong, Director of the Strategic Policy Office in the Prime Minister's Office, Singapore
- Dr. Jim Dator, Director, Hawaii Research Center for Futures Studies, & Professor, Department of Political Science, University of Hawaii at Manoa
- Dr. Sohail Inayatullah, Professor, Graduate Institute of Futures Studies, Tamkang University, Taiwan & Adjunct Professor, Faculty of Arts and Social Sciences, University of the Sunshine Coast

We will announce more prominent speakers in the coming weeks.

WHY SHOULD YOU ATTEND?

Asia Pacific@Hawaii Futures participants will experience alternative futures and explore emerging issues using scenarios, engage with experts in geopolitics, climate change, technology, and economics, and work closely with senior regional policymakers. Our 25 attendees will benefit from a unique mix of analytic intelligence and creative visioning.

RECLAIMING YOUR VITALITY

LUMERIA, MAUI HAWAIIAN RETREAT

with George Kamana Hunter

START
YOUR
JOURNEY
TODAY!

516-781-5556

MAY 15-18, 2014 On the beautiful island of Maui!

RECLAIMING YOUR VITALITY WITH GEORGE KAMANA HUNTER LUMERIA, MAUI HAWAIIAN RETREAT MAY 15-18, 2014

REJUVENATE USING THE 4 ELEMENTS OF HAWAII Another Great Essence of Life Retreat At Lumeria Maui!

Join Essence of Life Retreats and Healer George Kamana Hunter for a life affirming event on the magnificent island of Maui. Absorb the gentle Fire of the Maui sun, bathe in the cleansing Waters, breathe the fresh island Air and relax in one of the most welcoming lands on Earth.

Maui's most luxurious boutique retreat center, the Lumeria Maui, a sanctuary for an authentic transformational experience is your home for the next four days. Explore how fatigue and exhaustion can be healed using the power of the 4 Elements in Hawaii.

Discover how ancient Hawaiian knowledge can help you:

- Learn how to energize yourself by connecting to the land
- Cleanse your busy mind and spirit with the crystal real ocean
- Ignite the fires of empathy and passion in your heart
- Absorb the breath of life through Aloha

RETREAT HIGHLIGHTS

- Workshop Sessions with George Kamana Hunter, Author of *"The Invisible Burden, A Memoir of Generational Healing"*
- 3 nights accommodation at the Lumeria Maui Retreat
- Dayroom use accommodation at the Lumeria Maui Retreat
- Buffet breakfast, lunch and dinner daily
- Lumeria Maui daily educational classes in meditation and yoga
- Hotel taxes and service fees



George
Kamana Hunter

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Your Journey
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Coming Home to Myself:
A women's Retreat in Paradise
With Karen Drucker



Lumeria Retreat Center, Maui, Hawaii
Wednesday - Sunday, October 22nd - 26th, 2014

Join Karen Drucker for a women's retreat that is inspiring, rejuvenating, relaxing, transformational and fun! With the warm sweet trade winds blowing, we will take time to reconnect with our true centers - an opportunity to come home to ourselves. From this connection we will re-discover our passion and desires, giving ourselves the gift of a "faith-lift"!

Space is limited! Only 25 participants so sign up now to hold your space. For more information on pricing and room selections, please contact karendruckermauiretreats@gmail.com. Retreat location information can be found at www.lumeriamauai.com



The Health & Healing Women's Retreat at the Lumeria-Maui



Join us for our 6 nights, 5 days Retreat!

April 27 ~ May 3, 2014



For more info: www.iritweir.com

Invest in yourself this fall with a retreat to Maui. To register, get in touch with your host, Kim,
info@kimmcnellyoga.ca/403-560-2926/kimmcnellyoga.ca -> retreat

Find your soul on Maui's North Shore

3rd Annual MAUI SOUL Retreat

with your host Kim McNeil

November 8-15, 2014

YOGA • RELAXATION • LAUGHTER

FOOD, FITNESS, OCEAN & MORE



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nature is our playground



Bodibreak Maui. The Ultimate Retreat

Featured Women's Health | WH&F | Men's
Health | Channel 7 | SMH & more.

Join The Vitality Coach Nikki Fogden-Moore, Pro
Kiter and Artist Gretta Kruesi for a week of wellness
at the amazing Lumeria Resort, Maui. This is not your
average retreat.

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ALCHEMY TOURS ART OF RELAXATION LUXURY BLISS YOGA RETREAT



OCTOBER 11-16 2014

WE ALL NEED A TIME-OUT TO DE-STRESS.

Going away on this retreat on the Northshore of Maui to luxurious Lumeria Maui with 2 yoga classes daily (one dynamic yoga session, and one slow flow evening class) will help teach you to take care of yourself while also enjoying a well deserved vacation. With options to make this trip a juice cleanse, or go all out and enjoy a foodie extravaganza, either choice you make will help you achieve your goals and enjoy your dream vacation. You will have time to re-learn the art of relaxation, set mindful goals, and renew your entire sense of well-being. This retreat also provides you an opportunity to be pampered, have fun, and connect with other like-minded people. We can't wait to introduce you to the beauty and luxury experience that is Lumeria Maui.

SPECIAL WELLNESS PROGRAMS DURING OUR 6 DAYS:

Sat, Oct 11: Arrivals into Maui, shuttles to Lumeria. Hawaiian Welcome, Deplane Yoga, Dinner
Sun, Oct 12: Excursion to Paia & the beaches of the Northshore
Mon, Oct 13: Labyrinth Walk & Free Time
Tue, Oct 14: Optional Haleakala Volcano Hike
Wed, Oct 15: Optional Snorkeling at La Perouse Bay Nature Preserve
Thu, Oct 16: Closing Ceremony & Departures

VINYASA YOGA
LED BY
SILVIA MORDINI

More details about your
guides, itinerary,
& what's included at

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TRIP TYPE

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MasterChef Travel

A Passion for Food, a Taste for Discovery |

MasterChef Travel is an inspiring collection of culinary journeys designed to reveal the wonders of the world's great food destinations in the company of local experts, like-minded travelers and, in many cases, MasterChef personalities. The journeys are ideal for anyone with a passion for food and a taste for discovery.

These small escorted group journeys are designed to be fun and you do not have to be an expert cook to enjoy them, nor is there any competitive element. They are an intimate group setting with like-minded travelers, offering guests the opportunity to discover the locale and its food through the eyes of a professional chef with the ultimate insider's experience and culinary experience.

Most MasterChef Travel journeys include time with local culinary experts who can share their passion for cooking and pass on an authentic understanding of the traditions, ingredients and techniques that shape their local cuisine. In addition to the local experts, many of the journeys feature MasterChef personalities, including contestants from around the world. In some cases they are experts on the destination's cooking, in others they will be developing their own knowledge along with the rest of the group. In all cases they will be able to share their knowledge and enthusiasm for cooking during their time with the group.

Choose from any of these MasterChef Travel journeys with personalities from past seasons of the US Show, including Christine Ha, Luca Manfo, Whitney Miller and Felix Fang and enjoy an unforgettable journey exclusively operated by Cox & Kings.

Visit MasterChef Travel at mastercheftravel.com or contact us at 1-800-403-5049.



Barbara Voinar

Barbara's has studied widely in diverse yoga lineages, and her teaching style is influenced by Siddha, Iyengar, Anusara and Bhakti Yoga as well as Tibetan Buddhism. Barbara has over 30 years experience as a full time teacher.

Deeply inspired by and committed to yoga as a means of transformation, she has taught yoga in prisons, created Healing Yoga for women living with cancer, works with those recovering from substance abuse, and is Director of 4th Street Yoga in Berkeley, CA where she teaches ongoing classes.

She has collaborated with other gifted teachers - Jai Uttal, Krishna Das, WAH, Uma Reed, Jennifer Berezan & Silvia Nakkach in the union of yoga traditions.



Lumeria is a luxury retreat center located on the North Shore of Maui, near the quaint villages of Paia and Makawao and nearby Baldwin Beach. Nestled on 6 tropical acres with a refreshing pool, verdant gardens and ocean vistas. It's location between the north shore and upcountry Maui is perfect for exploration to the many beaches, hiking trails, gardens, art galleries and best health food store on the island.

To Register specify room choice and send your deposit of \$500 to:

BARBARA VOINAR
1806 C FOURTH ST
BERKELEY, CA 94710
BarbaraVoinar.net
barbara@4thstreetyoga.com

photo of cover flower by Esta Brand

MAUI YOGA RETREAT

with Barbara Voinar

June 21 - 27, 2014



MAY 27 to
MAY 31st

RAWBRAHS MAUI RETREAT I



RAWBRAHS

RAWBRAHS provides: accommodations, food, activities, environment, special guests, and an extremely valuable workshop based on RAW honesty and authentic communication.

The workshop is a way to practice *hula living* yourself - no more comfort zone or role playing.

Join the Raw Brahs at Lumeria Maui, one of Maui's most luxurious retreat centers on the island of Maui. Enjoy a lush tropical sanctuary with farm-to-table meals, full service spa, saline pool and tennis, and stunning meditation gardens.



"It's a low point, really a low point if it's the place where we can learn the most from? If the opposite of love is indifference, is a relationship really just a deeper form of oppression? Is what I don't like in others a reflection of what I don't like in myself? & can I learn to love them even deeper for being mirrors? These are just some of the considerations that we will dive deeper into during the retreats."

We used to be just like all the other retreats. A topic schedule & itinerary. We soon found out people were so caught up thinking about tomorrow's plans that they forgot about the present. We discovered that when our attendees had no idea what was happening tomorrow or even in the next hour, a new found presence was one of the best gifts we could give them. However, we understood that this is not realistic for everyone. People have scheduled jobs and lives that revolve around the clock that start "now" so follow.

So we came up with the idea of running retreats in public locations based on the concept of Exposure, Unlearning and Embracing Everything. This can be challenging to those used to what's comfortable, but we believe your next best move is wherever the growth takes place!

RAWBRAHS is a community of people who are RAW, honest, free, and authentic. RAWBRAHS is a community of people who are RAW, honest, free, and authentic. RAWBRAHS is a community of people who are RAW, honest, free, and authentic.

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for reservations and inquiries, please contact: info@RawBrahs.com
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MAUI YOGA INTENSIVE & RETREAT

with Chantal O' Sullivan



OCTOBER 22 - 26, 2014 | *Lumeria, Maui*

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compassion & adversity

RAM DASS/SHARON SALZBERG/JAI UTTAL & FRIENDS

Spring On Maui Retreat

April 9 - 14, 2014

Experience the essence of Compassion, and cultivate practices of being at ease with Adversity. Daily meditation and dharma talks with Sharon Salzberg and Ram Dass.

RAM DASS



SHARON SALZBERG



Share in nightly kirtan with the devotional music of Jai Uttal, stretching by day with hatha yoga led by Nubia Teixeira.

Become a "perfection of Grace" with Aloha in Action's Lei'ohu Ryder and Maydeen lao.

JAI UTTAL

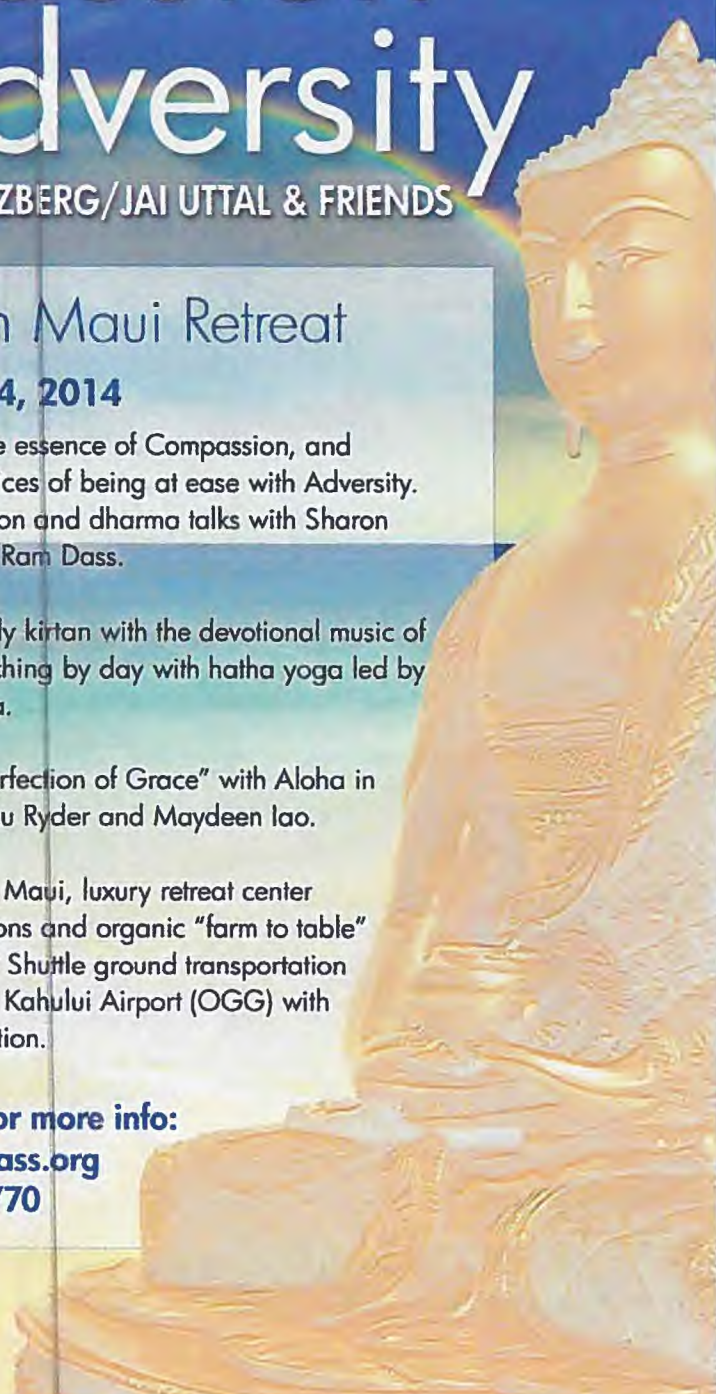


Enjoy Lumeria Maui, luxury retreat center accommodations and organic "farm to table" meals. Speedi Shuttle ground transportation provided from Kahului Airport (OGG) with onsite registration.

To register or more info:

www.ramdass.org

888-663-7770



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on a ONELife retreat

21st-26th September 2014 Maui, Hawaii

Revitalise your life with 6 days of yoga, meditation, guidance sessions, massage, organic food, swimming and waterfalls!

This will take your life to a whole new level. You will experience deep rest and rejuvenation as you restore balance in mind and body. You'll experience break throughs beyond imagination and reshape a life of magnificence.

This is for anyone and everyone, from experienced meditators and yoga enthusiasts to people who have had no experience with meditation or yoga before.

What you would experience...

Incredible World Class Venue
Life-Changing Meditation Sessions
Powerful Rounding Sequence
Deep Healing Restorative Treatments
Cleansing Organic Food
Exclusive One Life Offers and more....



For more details go to
oneliferetreats.net

Tom Cronin
(Retreat Host)
Meditation Teacher
Keynote speaker, Mentor

Soelae Riley
(Retreat Coordinator)
Event Management
Tantra Yoga Teacher

Awaken Your True Calling

Experience the infinite possibility of you



Maui Retreat October 5-10th

Join us on Maui to Awaken Your True Calling and experience deeper fulfillment with an entirely new way of being in your life and in the world. You'll spend 5 nights at Maui's newest and most exclusive retreat site featured in Oprah Magazine.

- Do you feel a deep desire to connect within and discover your true self and true calling?
- Or do you know your calling but have not been able to expand your gift or flourish financially?
- Are you at a stuck point on your spiritual or success path?
- Ready to become truly inspired and unstoppable?
- Ready to deepen your connection and expand beyond what you know?

AND, isn't it time to emerge as the woman you were born to be?



Cindy Silbert, Founder and Lead facilitator
Sasha Clines, Director & Co-facilitator

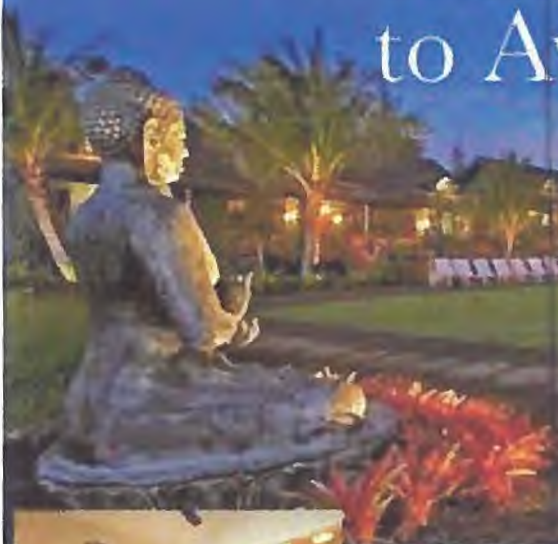


- 🌸 Immerse into Your True Being
- 🌸 Dive in with a proven Transformational Program
- 🌸 Connect with Daily Yoga and Meditation
- 🌸 Soak up Maui from the sea to mountainside
- 🌸 Discover your True Calling in Life or Business
- 🌸 Connect with Women on the Same Path
- 🌸 Eat Delicious and Healthy Meals
- 🌸 Unwind with Massage, Hammocks, Pool/Jacuzzi
- 🌸 Take a boat trip to the Island of Lanai

Reserve Your Space NOW!

www.AwakenYourTrueCalling.com or email: Cindy@TrueLivingNow.com

Writing as a Path to Awakening



Albert Flynn DeSilver is a wonderful teacher. He is a warm and gentle presence and the blend of meditation lessons and writing exercises was an amazing mix!

—M.W. Recent Writing as a Path to Awakening participants

- Re-ignite your creativity and inspiration!
- Learn powerful practices to take your writing and meditation to the next level!
- Connect with other inspiring mindful writers!
- Relax & nurture yourself!
- Be inspired by the beauty that is Maui!

A Transformational Writing & Meditation Retreat

with

Albert Flynn DeSilver

Maui Hawaii

April 23 — 27, 2014



Albert Flynn DeSilver is an internationally published poet, author, speaker and workshop leader. He has taught at The Omega Institute, Spirit Rock Meditation Center, The Esalen Institute, and numerous universities and conferences nationwide. He is the author most recently of "Beautiful Boy: A Memoir." Albert has been practicing meditation for more than eighteen years.

REGISTER TODAY AT www.lumeriamauui.com

Jordan Hart

From: Jordan Hart
Sent: Monday, November 25, 2013 5:34 PM
To: 'Joseph Prutch'
Subject: FW: Public/QuasiPublic

Hello Joe,
See below, I will print for tomorrow's meeting:

From: Deb Lynch [mailto:deblynchstudios@gmail.com]
Sent: Sunday, November 24, 2013 02:06 PM
To: Xorin Balbes
Subject: Public/QuasiPublic

Aloha Xorin -

This note is to weigh in on the zoning change of Lumeria Maui from Interim to Public/Quasi Public and to let you know I have no issues or concerns with the zoning change.

Being your adjacent neighbor, it has been a pleasure watching Lumeria Maui become as beautiful as it is, and a peaceful addition to the neighborhood.

Much Mahalo,

Deb Lynch

11/25/2013