



Big Island, Hawai'i :: Chakras, Tantra & Yin Retreat Immersion

October 30 - November 9, 2023

300 RYT and CEC Hours Available!

STEPS: [REGISTER](#). PAY YOUR DEPOSIT, BOOK FLIGHTS. [PRACTICE W/ERIKA](#) (recordings)

PLUS - BUY BOOKS & BEGIN READING IN PREPARATION FOR OUR TRAINING IMMERSION

Yoga of the Subtle Body by Tias Little - pre-training please **read thru page 73**

Insight Yoga by Sarah Powers - pre-training **read thru page 30**

Radiance Sutras by Lorin Roche - pre-training **read thru page 80 + corresponding practices 177 - 251**

Mon, Oct 30 - Arrive Any Time Today. Settle In & Get to know fellow travelers!

WELCOME CIRCLE & DINNER

* Read Powers through pg. 55

Tues, Oct 31 - FOUNDATIONS OF TANTRA & BODY PSYCHOLOGY, THE POWER OF

TEACHING. Practice: Tending the Roots & Earthing Your Instincts (Chakra 1)

Today we go on a stroll at [Lili'uokalani Gardens](#) and connect with the sacred land.

* Read Little through pg. 102

Weds, Nov 1 - THAI YOGA MASSAGE, REIKI, & AYURVEDIC DAILY RITUALS: Energy is

Everything. Practice: Trust & the Primal Body. Opening to Pleasure (Chakra 2)

Today we'll spend time connecting to the Ocean at [Carlsmith Beach Park](#).

* Read Powers through p. 83

Thurs, Nov 2 - YIN/YANG HATHA: BALANCING THE POLARITIES, CORE INTEGRATION.

Practice: Belly as Seat of Intuition, Your Hidden Solar Power (Chakra 3)

Today we get to visit [Kilauea Volcano](#) - home of Pele, Hawaii's Fire Goddess.

* Read Little through p. 159

Fri, Nov 3 - WALKING MEDITATION, [DAY TRIP TO WATERFALLS & BOTANIC GARDENS](#).

Practice: Mala Making + Yoga Hike (The Lower Triangle Chakras 1-3)

Today we venture to the [Hamakua Coast](#) to explore its majestic beauty.

* Read Powers through p. 106

Sat, Nov 4 - MERIDIANS, ORGANS, YIN YOGA & NIDRA, THE LOTUS HEART.

Practice: Linking Yin/Vinyasa Sequences with Pranayama + Sutra Weaving (Chakra 4)

Today we go to the heart of [Hilo](#) to enjoy the [Farmer's Market](#) and local Shopping.

* Read Little through p. 195

Sun, Nov 5 - HEALING WHAT HURTS: [DAY TRIP: MAKU'U & KAHENA BEACH](#)

Practice: Clarity Through Crafting - lei making, song, hula, talk story. (Chakra 5)

Today is for gathering: flowers, sharing, and immersing in Hawaiian culture

* Read Roche through p. 147 and corresponding practices p. 252 - 341

Mon, Nov 6 - UNRAVELING OURSELVES: NEURAL PLASTICITY, INQUIRY & DREAMING.

Practice: Sutra Roleplay, Yoga Games: Music, Magic, Mayhem (Chakra 6)

Today we explore new pathways: [Kaumana Caves](#), [Boiling Pots](#), [Honoli'i Beach Park](#)

* Read Powers through p. 160, Little through p. 228 *

Prepare for your Presentation: Choose a SANSKRIT WORD & RADIANCE SUTRA as your theme.

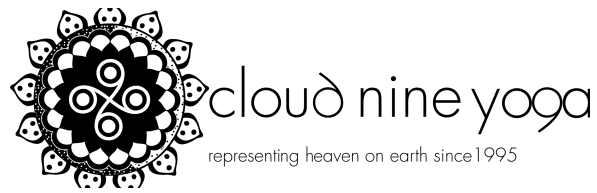
Design a meditation/movement practice to share with the group. Must be 60 minutes in length.

Tues, Nov 7 - [DAY TRIP TO KONA. COFFEE PLANTATION + NIGHT SNORKEL WITH MANTAS.](#)

Practice: Life is Your Inspiration: What do you need to teach & learn?

Today we will go to the West Side of the island to Play.

* Read Powers through p. 186 & Continue Preparations for your presentation.



Weds, Nov 8 - BUDDHA DHARMA, NVC, CONSCIOUS RELATING & COMMUNICATING.

Practice: Rock-Your-Socks-Off, Transformational High Charge Yoga (Chakra 7)

Today we relish in a group activity that is truly Divine ~ a [Chocolate Farm Tour!](#)

** Read Little through p. 263, Roche p. 343 - 377 & Continue Presentation Preparations*

Thurs, Nov 9 - PRESENTATIONS. Celebration Luncheon & Closing Circle

Please arrange your flight departures for after 4:00 pm today or AM 11/10

Mahalo nui loa, Ohana. Namaste. Until we meet again... A hui hou