

# Aloha.

## SPRING YOGA RETREAT

with Shaney Aalbers and Sarah Robinette

APRIL 14-21, 2012

Hawaii's Big Island, North Kohala Coast

## Mahalo.

Hawaii Island Retreat Center boasts 50 acres of self-supported green living.



Sarah and Shaney invite you to escape to Hawaii's North Kohala Coast.

Join us for 7 days and 7 nights, as we blend practices of vinyasa and restorative yoga to collectively enlighten our mindfulness, emotional intelligence and personal power.

**double lodge \$2175 | triple lodge \$1975 | double hale \$1840**

*price includes: yoga, accommodations, organic meals & HI tax*

*\$500 non-refundable deposit to Shaney or Sarah*

[shaney@shaneyaalbers.com](mailto:shaney@shaneyaalbers.com) or 971.998.3698

[sarah@tinybench.com](mailto:sarah@tinybench.com) or 503.957.2202

[www.hawaiiislandretreat.com](http://www.hawaiiislandretreat.com)