

Forrest Yoga Retreat

with Janine Melzer and Elissa Dawn

Hawaii

January 20 - 26, 2013

Inspire your yoga practice and delight your spirit with a Forrest Yoga retreat on the Big Island of Hawaii.

Framed by tropical jungle and the Pacific Ocean, Kalani Oceanside Retreat is the ultimate destination for restoration, relaxation and renewal. Each day will include two Forrest Yoga classes with chanting, meditation and ceremony. Enjoy delicious buffet-style meals, get a massage, relax on the black sand beach, lounge poolside, or sign up for one of Kalani's many guided adventures.

With over 20 collective years of teaching experience, Certified Forrest Yoga teachers Janine Melzer and Elissa Dawn Strutton will skillfully guide you through your practice with support, inspiration and hands-on assists. Students of all levels are invited on this fantastic retreat.

delight your spirit

accommodations

Ocean View or Tropical Cottage - \$1795

Bungalow, Tree House or Loft Rooms - \$1700

Lodge Room with private bath - \$1450

Camp Site - \$995

Prices are per person, based on double occupancy and include all yoga classes, meals and the use of pools, sauna and hot tubs. Air fare, transport to and from Kalani, tips, and extra adventures are not included. Contact us for single accommodation pricing and for non-yoga participant rates. For pictures and details, visit www.kalani.com

sign up now! space is limited

Contact:

Janine Melzer

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Elissa Dawn Strutton

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A non-refundable deposit of \$500 is required to reserve your space.

Balance must be paid in full by December 1, 2012.

Early Bird: Balances paid in full by October 1, 2012 will receive a \$150 discount.



Janine Melzer, E-RYT is a graduate of several yoga teacher training programs with Ana Forrest and is a Certified Forrest Yoga Teacher. Janine invites her students to become their most authentic selves and is passionately committed to getting people turned on to embodying spirit in their yoga practice and in their lives. www.janinemelzeryoga.com



Elissa Dawn, E-RYT is a Certified Forrest Yoga Teacher. She leads public, private and corporate yoga classes and often travels to assist and train with Ana at workshops and events. Elissa delights in sharing the gifts of Forrest Yoga with others and is committed to providing a space that facilitates healing, self-discovery and personal growth. www.elissadawnyoga.com

For more information about Forrest Yoga, visit www.forrestyoga.com