

# Nai'a Yoga Retreat Hawaii

*Experience the true nature of  
Yoga ('Union') during a week  
on the **Big Island of Hawaii**  
in the 'House of the Dolphins'.*

Each day we will have the opportunity to snorkel and swim with the wild Hawaiian spinner dolphins (Nai'a) in the bay directly in front of the house.

Daily instruction and practice in Hatha Yoga, Thai Yoga, Partner Yoga, Yoga Nidra & Meditation will all flow through our week together. All levels are welcome.



May 11-17 we will gather together in our oceanfront home overlooking a sacred bay, spectacular coral reef, and nature preserve. The retreat includes delicious meals, kayaks, and a variety of accommodation options at 'Hale Nai'a'. Free-diving/Dolphin guides will also be available.



*This is a family-style retreat and space is limited. Contact us about availability as soon as possible!*

Cost is \$1,200-\$2,700. Flight is not included.

Call Heather for more information: 970-209-6723

Reserve your space online at: [www.thelotusway.org/retreats.htm](http://www.thelotusway.org/retreats.htm)

