

## **THE BIG ISLAND OF HAWAII - KAHUNA MEDICINE AND MORE TOUR**

### **DAY ONE:**

Aloha - On arrival into Hilo you will be met and transferred to your hotel. Please keep an eye out for a sign with your name on it.

#### **Late Afternoon: Water Ceremony**

We will take a short 10 minute walk to the bridge leading to Coconut Island, where we will meet Kahuna Ehulani, who will be guiding us through our "Welcome Water Ceremony". The ancient Hawaiians have a time-honoured tradition of purifying in the ocean in a ceremony called "Au Au Kai". "Au Au" is to purify and "Kai" is the sea. The spirit of the sea is that Kanaloa who then honours your intention to be pure, by removing all things do not serve you. It is a spiritual cleansing of the sweetest kind and all you need to do is stand in the sacred waters of Kanaloa, with your pure intent to receive this beautiful gift. Kahuna Ehulani will guide us in this ancient ritual, brought to modern times with the same powerful results, as it had for all of her ancestors long past.

#### **7.30 pm Welcome Dinner**

We will gather together for an informal dinner where you will have the opportunity to officially meet your fellow travellers to learn a little more about the journey ahead.

**(Overnight in Hilo)**

### **DAY TWO:**

This morning we will meet in the Lobby of the hotel and then we will walk to the meeting point for our Hula Workshop.

#### **10.30 am - 12.30 pm: Hula Workshop**

This morning we will join Ehulani Stephany, a Kumu Hula Ali'i Kahuna Hui, which means, Hula Teacher and High Priestess. She specialises in Hula Kahiko, the ancient art of hula and chants and will be sharing knowledge about the volcano goddess Pelehonuamea. Learning a hula of Pele, will be a wonderful way to respect and honour her. She says "You will learn and understand, the traditional way in which we express and tell our stories, through the movements of feet, hands and facial expressions, along with the deep connection of our culture and Pelehonuamea. "

#### **12.30 - 2.00 pm Lunch Break/Free Time**

**2.00 pm:** Meet in the hotel lobby where we will be picked up by "Bonnie And Aunty", two local characters full of fun, mischief and of course knowledge. We will spend the afternoon taking in some of the sights of Hilo and its surrounding areas finishing up in the town itself where you will have free time to explore.

**(Overnight in Hilo)**

### **DAY THREE:**

Today we will spend the day with Kahuna Kalei at her home on private land under her "Miracle Tree". She will welcome and introduce us to the Island, connecting us with her ancestors (Aumakua) and the ancient Kahuna wisdom that she will share through stories and messages.

Kahuna Kalei is a Spiritual Healer -This means that she intuitively recognises problems as challenges to overcome and she looks at their spiritual and emotional core. Solving them from this perspective yields more lasting results. Kahuna Kalei's speciality is clearing the blocks and her success in doing this comes largely from the "Team" that she sees standing behind the person. She says - They know all about you and love you dearly. They are in service to you all the days of your life.

Spending time with this amazing woman is very precious. Her knowledge and authenticity shines through with everything that she says and does.

On arrival back at the hotel – Free evening to relax and enjoy the hotel and all of its facilities.

**(Overnight in Hilo)**

### **DAY FOUR:**

The morning will be free to enjoy some free time to soak up the island atmosphere, swim, rest and rejuvenate or further explore the town of Hilo.

At midday we will check out and head across the island to the magical town of Kona where we will spend the next four nights. We will make a lunch stop along the way.

**(Overnight in Kona)**

### **DAY FIVE:**

The next three days are all about YOU! Let us pick you up every day from Kona town and take you to a very special venue where.....

Through our selection of workshops and individual appointments you will receive and participate in the following:

- An opportunity to explore your SOULS PURPOSE - life path - YOUR DIRECTION
- Sharon will combine a selection of techniques to guide you through this transformational journey from individual intuitive healing sessions, a study of your Bazi Chart - Four Pillars Astrology along with a little mix of western astrology as well.

-As a master teacher with the Interior Alignment School of Feng shui she will share techniques on how to clear the blocks and obtain clarity to navigate your next phase in life. How you can recognise if you are on the right or wrong path and what to do to bring you back into balance.

- To follow your passion and find your “Ikigai” -

*“Ikigai is a Japanese word whose meaning translates roughly to a reason for being, encompassing joy, a sense of purpose and meaning and a feeling of well-being. The word derives from iki, meaning life and kai, meaning the realisation of hopes and expectations”*

- There will be healing techniques shared by both Sharon and Louise. They will be encouraging plenty of group participation as well!

- A comprehensive selection of Feng Shui tips and remedies will be taught so as when you head home you are armed with the tools you need to create the environment that will support you as best it can as you follow your newfound direction both at home and at work.

- She will teach and lead special meditations with the aim in helping you to reach a level of practising mindfulness on a daily basis.

- She will delve deeper into the world of shamanism and Healing Medicine. Working as a group is very powerful - watch the wizardry that is sure to unfold. There will be healing techniques shared by both Sharon and Louise as they encourage plenty of group participation as well!

- Louise will provide a beautiful intuitive facial healing session for each participant, which will leave you in awe at the magic she creates.

- We will also have the pleasure of working with Alice Tobin, an energy healer specialising in sound healing. Prepare yourself to find a comfortable spot and switch off for an hour or so as she takes us on a journey through the world of sound - on a Gong Bath, while she plays an array of her wonderful instruments.

Free Evening. **(Overnight in Kona)**

### **DAY SIX:**

A full day of workshop participation commencing at 9.30 am and finishing at 5.30 pm.

**(Overnight in Kona)**

### **DAY SEVEN:**

A full day of workshop participation commencing at 9.30 am and finishing at 5.30 pm.

Free Evening. **(Overnight in Kona)**

**7.30 pm:** This evening we will gather together for a farewell dinner honouring the new friendships we have made, the transformational moments we have experienced and the incredible knowledge we have garnered.

**DAY EIGHT:**

The tour will finish after breakfast.

A transfer will be provided from the hotel to the Airport to connect with onward flights to Honolulu.

**Group Meditations:**

The meditations will be provided through the week – they are a wonderful way to connect as a group and practise the art of meditation. Everyone may be at different levels but the power of joining together can enhance your meditation experience like no other.

Please Note: There will be time to experience individual healing sessions amongst the group throughout the tour. These will be determined through the week as time permits.