

“HAWAII: Kahuna Medicine and More”

INCLUSIONS AND FAQ’S:

What is included?

- * Return Airport Transfers
- * 7 nights accommodation in moderate privately owned Hotels in Hilo and Kona. All rooms have private facilities.
- * Taxes and gratuities for your hotel
- * Baggage handling and transportation by private vehicle
- * Guides - Intuitive Healers Sharon Breslin and Assistant Louise Taphouse
- * Special Indigenous Teachers Kahuna Ehulani and Kalei’ilahi
- * Breakfast daily
- * Water Ceremony led by Ehulani
- * Story Telling on private land
- * Three full days of Workshops at a special location in Kona. There will be dedicated pampering for all participants, surprise guests and the opportunity for transformation for all who participate
- * Individual appointments with Sharon will be available for all participants
- * Hula Workshop led by Kahuna Ehulani
- * Welcome Dinner and Farewell dinner

What is not included?

- * Airfares and taxes
- * Meals not noted above
- * Insurance (compulsory...please talk to a lifestyle journeys representative re the optional

What mode of transport is provided? We will be travelling by private car/coach depending on numbers.

Minimum number of passengers required for the tour to go ahead: 6

Maximum number of passengers we take on this transformational journey: 15

What should I allow for a daily budget to cover the additional expenses?

There is a selection of lunches and dinners that you will need to cater for that are not included in the inclusions above. We would recommend a budget of USD 80.00 – USD 100.00 per day, which will cover meals and any incidentals such as a glass of wine, or a massage. Some days you will go under this and other days you will go over it depending on the standard of restaurant we decide to dine at.

What is a typical day like?

Each day we will be attending workshops or out on the land visiting sites, spending time on private land participating in learning about the Kahuna Medicine/the world of healing and or a ceremony that is applicable to the topic of the day.

We will stop and have time for lunch, exploring different restaurants in Hilo and Kona. There is always a certain amount of free time allocated to each day for your own rest and rejuvenation or exploration.

As we will be a small and personable group we will dine together most of the time but you will also have the opportunity to go and explore for yourself as well.

Is tipping compulsory or optional and if so what is the recommended amount to tip?

Guides: It is not compulsory however if you wish to tip our Kahuna's then you can do so with whatever you feel is suitable to give. Even though it is not compulsory it is also the custom to make a small gift of some sort.

Tipping is mandatory when dining out or participating in any type of service industry while in Hawaii. A service will either include this in the bill and it ranges from 15-20% or you will need to add it onto the final bill.

Can a single Traveller be matched with a travelling companion?

We will endeavour to match those tour participants who wish to share a room however this is subject to availability. If there is no match possible the single supplement will need to be collected.

What standard of accommodation can we expect?

We stay in moderate (4 Star) standard of hotels that are well located with beautiful grounds or setting to relax in.

What meals are included?

Breakfast is included daily, a welcome dinner and a farewell dinner.

What will the weather be like?

The average temperature will range between 21-30 degrees Celsius. There is the possibility of rain each day being in the tropics at this time of the year. It will vary each day and often is overnight.

What is the recommended Fitness Level Required?

A general level of fitness as there is only a small amount of walking that is compulsory.

What sort of spiritual preparation is required for this Transformational journey through the land of the Incas?

We suggest you establish or strengthen your daily meditation practice leading up to the journey. In your prayers you might ask the spirits of land, the Ancient ones, to prepare a place for you, to help you connect even before you arrive. Most important is to be open to the new teachings, embracing and honouring this pilgrimage as very precious time you have given your soul for greater learning and remembering.

You may want to emphasize a higher proportion of vegetables and lighter eating to help you physically clear your system during these weeks. Set your intention with your higher self as to what you wish to achieve for both spiritual and personal growth.

What is the average age of a tour participant? The tour is open to all ages however the average age varies between 35 – 80 years of age.

Pre and Post Tour Arrangements: Lifestyle Journeys would be very happy to make recommendations and assist regarding your pre and post travel opportunities. We can guide you with our own personal and professional experience. We highly recommend you have a night or two

in Waikiki and you may like to look at island hopping between Kauai, Maui and the Big Island of Hawaii.

What do you need to pack?

A list will be provided upon confirmation of your booking.