

LIVING IN RHYTHM

DATES

Sunday Dec. 27th, 2009 to Saturday Jan. 2nd, 2010

LOCATION

Kalani Oceanside Retreat Center, Pahoia, Hawaii
(Fly into Hilo on the Big Island)

PRICE

\$1200* before Dec. 1st, \$1400 after (family/child rates available)

Join us for six days in paradise as we nurture our bodies, minds, and spirits through the practice of OHANA (Organic, Holistic, and Nurturing Arts), fostering Wellness and Positive Change.

Use the musical potential of your Breath and Voice to promote healing through Toning, Singing, Chant and Laughter! Discover simple ways to use Rhythmic Play to encourage Mindfulness and Presence. Follow the path of the Urban Shaman as you play the Native American flute and other instruments to both energize and calm the mind and body, promoting Peace, Joy, and Radiance.

Enjoy delicious healthful meals that are prepared with Love. Practice daily Yoga and nurture your soul with the sights and sounds of ancient Hawaii. Optional spa services include Massage, Watsu (under water massage) and Wellness Sessions. A wide variety of Arts Classes and Day Adventures are also available.

This course is for Yogis, Musicians, Dancers, Artists, and those in Helping professions who are seeking to broaden and deepen their music-based wellness practices in ways that are fun and accessible.

** Includes double room, programs and meals. Space is limited. Register Early.*



with
KALANI

Kalani is a Master Musician, Author, Percussionist, and Keynote Presenter. He travels internationally, conducting workshops and retreats, has written over nine books, produced numerous educational videos, and is a coach and consultant for individuals and organizations. Kalani is recognized for his ability to create a safe, fun and supportive learning environment.
For more information visit:
www.kalanimusic.com - or call:
818-832-2028 or 818-271-1054
Visit www.kalani.com for more about the Kalani Oceanside Retreat Center.



Living In Rhythm - Hawaii Retreat (Return this portion with payment. Make checks to: Kalani Music)

Kalani Music 11862 Balboa Blvd. Ste. 159 Granada Hills, CA 91344 USA

Name:

Price: (before Dec. 1st) \$1200
(after Dec. 1st) \$1400

Address:

(upgrade to single room) \$ 300

Phone:

E-mail:

Total: \$_____