

# Personal Retreating...

When you remember that this trip  
is about you...



*W*hen was the last time you really pampered yourself, when you gave yourself permission to let go and take care of you... Kaua'i is a beautiful and healing place, but face it, for some of us, the "same old" just doesn't work. You came to this magical island to relax, to get back to your center... so why not travel to the heart of Kaua'i and find yourself.

The Kahuna Valley Retreat is a 6-acre sanctuary, a very different kind of place that is for the discerning person who isn't satisfied with swimming in the mainstream, but more at home exploring personal growth and healing opportunities that are as unique as you are... If this resonates with who you are, the Kahuna Valley Retreat may be calling to you. A non-profit facility replete with a state-of-the-art, solar heated water therapy pool, a private bodywork studio, a 40-foot octagonal moving-arts classroom with a bamboo floor and pine walls, and the two-bedroom Aloha Suite for overnight stays. Come get pampered for a couple of hours or stay the week... it's up to you.

Watsu® . Massage . Yoga . Qigong . Classes . Coaching . Healing

808-822-4268

日本のお客様大歓迎  
www.kahunavalley.org

Kahuna Valley  
...peaceful solutions