



HAWAII HEALTH GETAWAY

“The Art of Stress Management”

**Holistic Health & Yoga Retreat with John Rettger, PhD, RYT
on Kauai, April 26 - May 3, 2013**

*Replenish and rejuvenate, while learning new stress reduction tools
to promote health all year long. Join us in paradise for:*

- 7 nights of double accommodations at Secret Falls Retreat Center or Aloha Beach Hotel
- Two delicious, healthy meals daily including a tropical Luau and dance show
- Daily holistic health classes including Vinyasa & Restorative yoga and mindfulness meditation, healing touch and massage, mind-body healing & natural living
- Guided hikes in Kauai’s most scenic spots and kayaking to Manifest Falls
- Private, full body, Hawaiian Lomi Lomi massage

John Rettger’s teaching and practice include yoga-based approaches to stress reduction and well-being enhancement. He received a Ph.D. in clinical psychology from the Institute of Transpersonal Psychology and has completed Mindfulness-Based Stress Reduction Teacher Training. He is a cofounder and teacher at Blue Elephant Yoga & Mindfulness Center in Palo Alto, CA.

Only \$2,100 w/ early registration by Feb. 20th. Up to 24 CE’s for health professionals.

For more information or to register, see www.HawaiiHealthGetaway.com or call 808-651-7988.

