

***This is information for your journey into New Eden a.k.a. Maui!***  
***We hope you are as excited as WE ARE!***

We are profoundly excited to have you arrive here in Paradise, on-site at Lovevolution Retreat home in Haiku on beautiful Maui. The address will be emailed 1 week before your arrival.

It is New Eden here on the beach, and in the forest under the blue starry sky. The air is so fresh and clean, the ambiance seems to be smiling, and so will you! We'll be enjoying meditating, yoga, swimming, dancing, singing, feasting upon the views and fresh novel foods, meanwhile watching the sun rise and set for the duration of what could be the most illuminating and inspiring trip of your life.

\*\*\*Remember to pay the Balance of your Retreat at least 5 days before the actual retreat.

The nearest airport is Kahului, Maui with direct flights to many American cities. Participants retreat check in is 2- 5 pm on the start date with the opening ceremony at 5. Followed by dinner at 6. Check out is by 12:00 pm on the last day, unless you opt to stay on as a vacation rental. All vacation rentals are welcome to come early and stay at \$50 per day.

WHAT TO BRING LIST:

**Here's the Essential short list:**

- \* water bottle and backpack
- \* rivershoes or water sandals to prevent cuts from coral and rocks while swimming
- \* sweater for evenings, warm socks
- \* sleeping bag for (work trade) and possible camping
- \* yoga or sleeping mat
- \* shorts and t-shirts
- \* swimsuit, and beach towel
- \* headlamp, flashlight and spare batteries

**Optional Items:**

- \* sunglasses, mosquito spray
- \* camera
- \* musical instrument
- \* journal

**Most Important 'Items':**

- \* sense of humor
- \* wonder
- \* gratitude
- \* funlovingkindness

How close are the nearest shops and towns? Raw restaurants and some shopping is available every day during the retreat on site for your pleasure and convenience. A general store is 1/3 of a mile (or .5 km) north along the road, complete with a public phone, gasoline, mail box, and a tropical fruit stand. The nearest town is Paia just 5 miles (8 km) to the north, while Kehei is 15 miles (24 km) to the south.

**What is the closest airport?** Kahului Airport is 35 minute drive from Camp Lovevolution.

**Are there shuttles from the airport?** How often and how much do they cost? Yes, there are a variety of shuttles to choose from. Please see the info below and or google for more results. We are asking all retreat participants to consider sharing the cost of a few vehicles, that way it's not too expensive for any one, and we can all car pool together. If you are willing to do this let us know!

**Is it best if I rent a car?** If you are independent by nature and/or would like to share many pleasant adventures exploring the island with friends who you will meet at Lovevolution, we recommend a car. If you are on an extreme budget, are international without a license or prefer other than driving, you may take the shuttle or hire a taxi.

[www.speedishuttle.com](http://www.speedishuttle.com)

150 Paahana St

Kahului, HI 96732-2457

(808) 242-7777

Reservations must be made in advance by calling 1-877-242-5777.

Speedi Shuttle

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**What is included in the price?** seven nights in magnificent Haiku and more than seven days of inspirational activities. See schedule information below. Also organic vegetarian delectable tropical fruit breakfast and organic lunches are included and served daily.

**Why is dinner not included?** Due to the warm weather most notice a decrease in appetite. Moreover, some may wish to lose a few pounds for the new year, and other still may wish to cleanse their way to supernal health. For those who are fond of dinner Paia offers many restaurants run by some of America's most loved chefs will be open on site to serve you as well as throughout the evening.

**When does the early bird special end?** The early bird was on Nov 22<sup>nd</sup>, if you have not paid the total by Dec 16th you are not eligible for the discount, if you need clarification please contact us..

**When does Lovevolution Maui begin?** Unless you plan to arrive at an earlier date, check in is from 2 - 5 pm on the first day and a light dinner is at 6 pm.

**When does lovevolution Maui end?** The closing circle is at 10 am. Check out is from 10 – 12 pm on the last day, 2011 unless you are planning to stay on.

**Can I come early and/or stay late?** Yes! Many are opting to arrive early and celebrate with us on the beach. You are welcome to come as early to make the most of your flight to Maui. \$59 per 24 hours includes a simple raw vegan breakfast. You can pay on line with the \$59 per day option. Please let us know which additional nights you plan to grace us with your presence.

**What is the daily schedule?** The daily schedule will be posted to you via email 1 week before the experience.

What are some of the daily excursions? Several local trips to beaches, waterfalls, tropical fruit foraging, permaculture farms and more. Some of these trips may be gratis, others are trips that you would pay the guide for directly.

**Is swimming, kayaking and snorkeling included?** For liability purposes, swimming, kayaking and snorkeling are NOT included in the retreat itself unless you sign a waiver of liability which is also attached for you to print and bring with. There is no life guard on the beach, so swimming is at one's own risk. The beach is generally relatively calm offering good snorkeling, swimming, kayaking and whale watching. Snorkelers may like to bring your own mask and snorkel. There are rocks and coral in many places under the water. Bringing and wearing river shoes or velcro rubber sandals is highly recommended to prevent scrapes.

**We are Excited to Welcome You Home to New Eden Maui in just a few weeks!**

**Welcome to the LOVEEVOLUTION retreat!**

Here is a sample schedule of activities

#### Monday

- 3:00 - 6:00 Welcome to the Loveevolution Retreat center
- 6:00 - 8:00 Dinner and concert w/ DreamingBear and musical guest.
- 8:00 - 9:00 Introduction and Setting of intentions for the week
- 9:00 -11:00 Hot-Tub (optional)

#### Tuesday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 10:00 - 11:30 Yoga w/Angel by the Waterfall
- 12:00 - 1:00 Lunch @ Aloha Retreat Center
- 2:00 - 5:00 Land Journey of Sacred Garden Labyrinth
- 5:00 - 7:30 Free time / Dinner in town you chose
- 8:00 - 9:00 Lucid Dreaming concert w/ DreamingBear
- 9:00 - 11:00 Hot-Tub (optional)

#### Wednesday

- 5:00 - 7:00 Sunrise Boat Trip to the island of Lanai
- 7:00 - 8:00 Light breakfast on the boat
- 8:00 - 9:00 Swimming with Wild dolphins
- 9:00 -11:00 Relaxing on the beach
- 12:00 - 1:00 Lunch
- 1:00 - 4:00 Explore Lanai and Meet Back @ the Boat by 4pm
- 4:00 - 5:00 Depart for Maui
- 5:00 - 8:00 Free time in Lahaina/ Dinner in town you chose
- 8:00 - 9:00 Back to Loveevolution Retreat
- 9:00 -11:00 Hot-Tub (optional)

#### Thursday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 10:00 - 11:30 Yoga w/Angel by the Waterfall
- 12:30 - 1:30 Lunch @ The Lovevolution Retreat
- 2:00 - 5:00 Land Journey to Haleakala Volcano
- 6:30 - 8:00 Sweat you prayers @ Studio Maui
- 9:00 - 11:00 Shamanic Initiation w. DreamingBear (optional)

#### Friday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 10:00 - 12:00 Journey to Hana
- 12:00 - 1:00 Picnic Lunch on the Road to Hana
- 1:00 - 3:00 Visit the secret Red-Sand Beach
- 3:00 - 6:00 Explore The Bamboo Forest and 7 Sacred pools
- 6:00 - 7:00 Dinner in Hana
- 7:00 - 9:00 Journey Back home around the island
- 9:00 - 11:00 Telescopic Star Gazing and fire side poetry concert

#### Saturday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 10:00 - 11:30 Yoga w/Angel by the Waterfall
- 1:00 - 2:00 Lunch at Nature Valley Cafe
- 2:00 - 4:00 Land Journey to lao Valley
- 5:00 - 8:00 Free time/ Dinner in town you chose/ Movie Night
- 8:00 - 9:00 Inter-species communication and water ceremony
- 9:00 - 11:00 Hot-Tub (optional)

#### Sunday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 9:30 - 11:00 Free time
- 11:00 - 12:00 Intention Setting for the future
- 12:00 - 1:00 Lunch at The Lovevolution Retreat or in Town
- 1:00 - 4:00 Journey to big/little beach for Drum-circle
- 5:00 - 7:00 Group Dinner at Paia Fish Market
- 7:00 - 9:00 Closing ceremony

#### Monday

- 8:30 - 9:30 Continental Style Breakfast (self-serve)
- 10:00 - 11:00 Departure (must be vacated by 11:00 am)
- or extend your stay for only 60\$ a day, (retreat members only)

**ALOHA!**

***With Love from  
DreamingBear and Friends***