

Retreat Information & Details

We are so excited to share this rejuvenating getaway with you. Please take the time to read over all the information provided. If you have any questions, do not hesitate to contact me.

Your Hosts & Teachers for the Retreat

LEI GARDEN SKIN CARE was established in 2010 by Habiba Al Mosawi. Inspired by the Zen culture of living and the local Bahraini tradition of giving, Lei Gardens mission is to bring out the inner beauty in all by nurturing, fostering, and bringing forth proper care of the body — both inside and out. Learn more about Lei Gardens at <http://leigardenskinicare.com/> and follow [Lei Garden Skin Care on Instagram](#) and [Facebook](#).



MINE YALCIN FULLER is a Yoga Instructor, Breathwork Facilitator, Sound and Dance Alchemist, Shakti Spirit Teacher, Reiki Practitioner, World Traveller and a Lover of Life. She pulls from all of these modalities to assist you in connecting to your highest potential, transformation, healing, wisdom and joy.



HAUNANI DRAKE, from Honolulu, Hawaii, is an international yoga teacher and holistic health lifestyle expert. She has dedicated her life to spreading Aloha around the globe through educating, inspiring, and empowering people to live more in-tune with nature and their own natural cycles. As a board certified Licensed Acupuncturist in the United States with a Masters Degree in Traditional Chinese Medicine and with over 14 years of teaching, studying, and practicing Yoga and Ayurveda, she is a proponent and advocate for integrating Western and Eastern medicine to provide the best options for clients around the world. You may recognize her most around Bahrain for practicing and leading Bahrain's first certified Stand Up Paddle (SUP) Yoga classes. Follow Haunani on Instagram at: [AlohaYogiMom](#) Subscribe and enjoy FREE online yoga classes on YouTube at ["Yoga with Haunani."](#)

Retreat Schedule & Information

HAWAR ISLAND RESORT BAHRAIN

Learn more about Hawar Island Resort: <https://www.facebook.com/Hawarislands/>

DURRAT MARINA & YACHT CLUB

We will begin our retreat at Durrat Marina & Yacht Club where we will board a private shuttle to Hawar Island Resort. There is secure parking at the Marina. The boat will be leaving promptly at 3:45pm. *We will not be able to wait around for people who are late.* Please plan accordingly. Ideally, you will arrive at 3:15pm to transfer your luggage from your car to the boat so we can leave promptly at 3:45pm.

RETREAT SCHEDULE

The classes and workshops are designed to provide you with education, inspiration, and motivation. While we hope you will enjoy all we have to offer, all participation is optional. After all, this is *your* retreat. Please review the following retreat schedule so you become familiar with the daily flow. A detailed schedule will be provided at check-in to the Resort.

Thursday, 2 November 2017

3.30 pm Meet at Durrat Marina & Yacht Club & Depart for Hawar Island

5pm: CHECK-IN to Hotel & Settle in

6:30-7pm: Happy Mocktail Hour

7pm - 8pm : Dinner

8pm-9pm: Welcome & Opening Circle

Friday, 3 November

7-8:15am Morning Yoga & Meditation with Haunani

7am-9:00am Breakfast

9:00-11:30am Celebrating the Divine Feminine (women only) with Mine

12-2pm Lunch

3-4:30pm SUP Yoga with Haunani

5-6:30pm SUP Yoga with Haunani

7-9pm Dinner Beach BBQ

Saturday, 4 November

7-8:15am Morning Yoga & Meditation with Haunani

7-9am Breakfast

9-11:30 Breath of Bliss Breathwork Ceremony with Mine

12pm Group Photos
12:30-2pm Lunch
2-3:30pm Safari tours
4pm Transfer back to Durrat Marina

Included in your Yoga & Wellness Retreat cost: **boat transfer from Durrat Marina to and from Hawar Island, 2 nights all-inclusive shared room at Hawar Island Resort, yoga classes and workshops, 30 min Reiki session or Tarrot Therapy Session, and Safari Tour of Hawar Island.**

What is NOT included in your Wellness Retreat cost: **Transportation to Durrat Marina, Tips, Alcoholic beverages, and other personal incidentals.**

What to bring

Please remember, Hawar Island will be used by other vacationers at this time. Please dress according to your comfort. Along with your typical travel clothing and toiletries, please bring the following:

- Yoga mat (if you do not already have a mat, please purchase one and bring it with you.)**
- Journal & pens**
- Clothes that are comfortable for yoga movement classes as well as sitting and learning.**
- Swimsuit/swim attire for SUP Yoga**
- Beach Shoes ()**
- Sunblock**
- Sun hat**
- Rash guard or t-shirt while you are in the water**
- Reusable water bottle that you can refill at the hotel**
- Camera**
- All applicable chargers**
- Snacks**