

Movement Options

Hawaii Bed & Breakfast Multi-Sport Eco-Tour

**A *FELDENKRAIS*[®]-in-Action™ Trip
On the Big Island's Sunny Kona Side**

Thursday January 24 – Sunday January 27, 2008

ALOHA! Come explore the sunny Kona Coast of the Big Island of Hawaii. We will kayak intense turquoise-blue waters, keep an eye out for whales & spinner dolphins, snorkel among coral formations, brightly colored tropical fish & giant sea turtles, paddle to a remote black sand beach, explore ancient Hawaiian culture, swim in crystal clear waters, hike to stunning white sand beaches, play in gentle ocean waves and refreshing waterfalls. If the volcano is active, we may hike out to a lava flow and watch the orange glow of molten earth flow down the mountainside as daylight fades.

This 4-day active, multi-sport eco-adventure tour is ideal for participants of all skill levels. A daily *FELDENKRAIS*[®] or *Bones for Life*[®] lesson will fine tune your skills and prepare your body for optimal performance & enjoyment as we hike, paddle, snorkel, swim and explore Hawaiian culture together. Each movement session is sure to improve your feeling of well-being, mobility, balance, power and coordination. You'll notice improvements in the rhythm and fluidity of your paddling stroke, your hiking stride, your breathing, balance, posture and agility. This trip offers those who have recovered from pain or injury an opportunity to become more active, regain confidence & enjoyment of recreational activities and build a new foundation for comfortable movement without strain. Each day will begin with a movement exploration designed to increase your "Paddle Power" or "Put Power in Your Stride" to prepare you for the day's activities.

YOUR 4 DAY/3 NIGHT TRIP PACKAGE OF \$1175 INCLUDES:

- 1. Three Nights Bed & Breakfast Lodging**
Double occupancy. (Single supplement available for additional fee.)
- 2. Three Healthy, Delicious Meals Daily**
Prepared daily from Hawaii's bounty of fresh, natural, local foods.
- 3. Equipment**
All kayaking and snorkeling equipment is included. Kayaks are sit-on-top open cockpit double kayaks.
- 4. Instruction**
Expert instruction in skills and safety techniques needed to participate in trip activities will be provided. (Water activities require swimming ability.)

5. **Three *FELDENKRAIS* or *Bones for Life* Classes**

Daily movement session on the beach or trail to hone your skills and prepare you to perform optimally and feel your best during our activities. The *FELDENKRAIS* Method offers gentle, yet effective neuromuscular training techniques that improve how you move and feel. Past participants report improved balance, coordination and power during recreational activities, improved confidence in their abilities and greater enjoyment during their trip. (Hands-on individual *FELDENKRAIS* sessions may be scheduled, time permitting for an additional fee.) For more information on the *FELDENKRAIS* Method please visit www.feldenkrais.com

6. **Guides**

Our experienced guides show you the best of hidden Hawaii, provide all instruction, natural history & cultural interpretation and prepare delectable meals, so you can enjoy the Big Island's remote & remarkable places.

7. **Transportation**

You will need to arrive in Kona prior to the morning of **January 24th**. Trip includes all ground transportation from the start of the trip in Kona, to the end of the trip in Hilo. *Participants in Movement Options Hawaii Oceanside Vacation *Bones for Life* Teacher Training and/or Beat Osteoporosis Personal Retreat featuring individual *FELDENKRAIS* sessions will be dropped off at Kalani Oceanside Retreat Center outside of Hilo, in time for check-in and dinner on Sunday January 27th.

NOT INCLUDED IN YOUR PACKAGE: Airfare, individual *FELDENKRAIS FUNCTIONAL INTEGRATION*[®] sessions, prescription snorkeling mask if needed, lodging or transportation before or after the trip, taxes, guide gratuities.

CANCELLATION POLICY

All trip fees are non-refundable. We strongly recommend that you purchase trip cancellation/travel insurance in case of any unexpected events. For your convenience, go to www.travelexinsurance.com to review their Travelite and Travel Plus travel protection plans. Please use location number **02-0018** when enrolling.

TO REGISTER

Please **complete and return the following registration form with your initial deposit**. You will receive a written confirmation, detailed information packet, an additional registration/payment form and a liability waiver to complete and return.

****Save \$25** when you **also register for Movement Options Hawaii Oceanside Vacation Beat Osteoporosis Personal Retreat and/or Bones for Life Teacher Training**, featuring *FELDENKRAIS*, January 27-February 3, 2008.

Please Note: All activities are dependent on calm, safe water and good weather. Otherwise alternative activities will be substituted.

FELDENKRAIS[®] and *FELDENKRAIS FUNCTIONAL INTEGRATION*[®] are registered service marks of the *FELDENKRAIS GUILD*[®] of North America

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REGISTRATION & PAYMENT FORM

Name _____

Address _____

Phone _____

E-mail _____

Any special interests or concerns: _____

Kayaking Experience (if any) _____

Special Dietary Needs _____

*All activities are dependent on calm, safe water and good weather. Otherwise
alternative activities will be substituted.*

- \$375 Non-refundable Deposit DUE Sept. 30, 2007**
- \$400 Non-refundable 2nd Payment DUE OCT. 20, 2007**
- \$400 Non-refundable 3rd Payment DUE NOV. 10, 2007**

When you also register for Movement Options Hawaii Oceanside Vacation, Jan. 27-Feb. 3, 2008 your **\$25 DISCOUNT will be applied to the Final Payment for that event.

- \$195 Single Supplement**
- \$1135 Traveling companions without FELDENKRAIS sessions**

Please make check payable to: Movement Options LLC

We **strongly recommend** that you purchase travel insurance in case of any unexpected events. **Please review cancellation policy.**

Please send form & payment to: Shari Lee, Movement Options LLC
P.O. Box 140162, Anchorage, AK 99508

907-274-3539

[**feldenlee1@aol.com**](mailto:feldenlee1@aol.com)

[**www.feldenkraisjourneys.com**](http://www.feldenkraisjourneys.com)

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