

Movement Options

Hawaii Oceanside Vacation

Beat Osteoporosis Personal Retreat

& Bones for Life® Teacher Training

also featuring FELDENKRAIS®

Sunday January 27 – Sunday February 3, 2008

Aloha! Join us and enjoy the natural splendor of the Big Island of Hawaii. The Puna District's undeveloped coast offers an authentic experience of native, natural Hawaii at its finest. Dramatic beauty, warm sunshine, gentle breezes, lush tropical foliage, playful spinner dolphins, graceful sea turtles, black sand beaches, and newly created lava cliffs meeting the deep blue ocean provide a striking tropical paradise setting for **Movement Options Hawaii Oceanside Bones for Life® Beat Osteoporosis Personal Retreat & Bones for Life® Teacher Training, also featuring individual FELDENKRAIS® sessions.**

YOUR TRIP PACKAGE OF \$1395 INCLUDES:

- 1. Eight Days & Seven Nights at Kalani Oceanside Retreat Center**
Double occupancy in lodge with shared bath. (Other room options available. See registration form for costs). Use of Kalani's amenities such as the Olympic size swimming pool, Jacuzzis, sauna, beautiful grounds, trails, ocean overlook and more!
- 2. ***Twenty Hours Bones for Life® Personal and Professional Training One ½ hr. Hands-on individual FELDENKRAIS FUNCTIONAL INTEGRATION® Session**

Bones for Life® is an in-depth program that stimulates bone strength through safe, gentle and effective means. It regenerates natural, comfortable movement and efficient weight-bearing posture. It is ideal for people of any age or fitness level who would like to improve their health, the way they move and feel, and/or **beat osteoporosis**. For more information on *Bones for Life* visit www.bonesforlife.com

This 20 hour course covers all material in *Bones for Life* Segment I, and meets partial certification requirements to become a *Bones for Life* teacher. For specific details on the *Bones for Life* **teacher certification** process, please visit www.bonesforlife.com/docs/certificationpdf

Your personal *FELDENKRAIS* session offers you specific hands-on assistance to develop and integrate the movements and alignment that

you acquire in class, more quickly and easily into your daily life. For more information on *FELDENKRAIS* please visit www.feldenkrais.com

***Training times allow for afternoon adventures, recreation, relaxation and use of Kalani's amenities.

3. Three Healthy Delicious Meals Daily.

Meals are served buffet style, in the open air covered Lanai.

4. Evening Hula Class. Learn Traditional Hula.

NOT INCLUDED IN YOUR PACKAGE: Additional individual *FELDENKRAIS FUNCTIONAL INTEGRATION*[®] sessions, optional day adventures, optional wellness services, Hawaiian culture classes, airfare, and transfers.

Optional Day Adventures include an easy walk to a black sand beach frequented by dolphins, snorkeling, tide pool exploration, paddling or sailing a double hulled Hawaiian canoe, geothermal baths, steam caves, spectacular waterfalls, an ancient forest cast in lava, MacKenzie Park lava tube, hiking, sight-seeing, visiting Volcanoes National Park, observing active lava flows (Pele permitting), farmers' market and botanical gardens. Guided adventures with Kalani staff are available, or you may pursue activities independently.

Optional Wellness Services include additional individual *FELDENKRAIS FUNCTIONAL INTEGRATION*[®] individual hands-on sessions with Shari, time permitting. Massage and other holistic bodywork, yoga and meditation classes are available with Kalani staff.

Hawaiian Culture Classes include lei making, weaving, etc. with Kalani staff.

CANCELLATION POLICY

We **strongly recommend that you purchase trip cancellation/travel insurance** in case of any unexpected events. **If you need to cancel your trip or "no show" for any reason, YOUR PAYMENTS ARE NON-REFUNDABLE.** For your convenience, you may go to www.travelexinsurance.com to review their Travelite and Travel Plus travel protection plans. Please use the 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. The nearest airport to Kalani is Hilo.

Save \$25 when you **also register for Hawaii Pack & Paddle Bed & Breakfast Eco-Tour** Jan. 24-27, 2008 featuring *Bones for Life & FELDENKRAIS*. Following registration you will receive details on coordinating your flight into Kona & your flight out of Hilo, which is recommended when you attend both events.

FELDENKRAIS[®] & *FUNCTIONAL INTEGRATION*[®] are registered service marks of THE *FELDENKRAIS GUILD*[®] of North America.

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& *Bones for Life*[®] Teacher Training
also featuring *FELDENKRAIS*[®]
January 27-February 3, 2008

REGISTRATION & PAYMENT FORM

Name _____

Address _____

Phone _____

E-mail _____

Any special interests or concerns _____

- \$465 Non-refundable Deposit DUE SEPT. 30, 2007
- \$465 Non-refundable 2nd Payment DUE OCT. 20, 2007
- \$465 Non-refundable Final Payment DUE NOV. 10, 2007
- Please apply \$25 DISCOUNT to my final payment! I am ALSO registering for Hawaii Pack & Paddle Bed & Breakfast Eco-Tour Jan. 24-Jan. 27, 2008

- Kalani Lodging Supplements**
- \$315 single room, shared bath
 - \$525 single room, private bath
 - \$595 cottage single
 - \$150 per person lodge double, private bath
 - \$260 per person cottage double

- \$1125 traveling companions without training sessions. Dbl, shared bath.

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

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www.feldenkraisjourneys.com

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