

**Hawaii Health Getaway's
"Art & Science of Stress Management"
Continuing Education Program & Holistic Health Retreat**

April 24 - May 1, 2010



Learn to release physical, emotional and mental stress, resulting in a healthier body, more harmonious feelings, and clearer, more focused thinking. What better place to find calm and connect with nature than the breathtaking Big Island of Hawaii? Join us and you'll experience:

- **Huna Mind-Body healing tools, Hawaiian Healing Touch, Yoga & Meditation, Compassionate Communication and "instant" relaxation techniques to use any time, anywhere.**
- **Adventure excursions - viewing the spectacular, erupting Kilauea Volcano and mystical waterfalls, swimming at a dramatic black sand beach frequented by dolphins, snorkeling in geothermally-heated ocean pools among tropical fish and turtles, and hiking in Hawaii's most scenic spots.**
- **Accommodations at Kalani Oceanside Resort and healthy tropical feasts all included for only \$1,950 with early registration by January 31, 2010.**
- **30 Continuing Education credits available for nurses, therapists and other health professionals.**

"I learned timeless principles in the place where they originated, then

practiced & immediately felt the effectiveness. It was an ideal way to learn & incorporate new techniques into my nursing practice." Kathleen C., RN, Oakland, CA

"I loved how the three strands, Huna, yoga and western medicine were tied together. This was my 2nd time on the retreat and it was even better than the first and not exactly the same. I'd come again!" Miriam A., RN, San Francisco, CA

"I am a transformed individual. I brought home many stress management pearls for myself and to share with my patients, family and friends. I enjoyed feeling more relaxed than I have been in 25 years!" Lynn J., PA, Berkeley, CA

**For complete details, go to:
www.HawaiiHealthGetaway.com
or call 808-651-7988 or 510-384-4688**