

# Hawaii Retreat!

New Moon, Spring Equinox, March 2015



## Big Island, Hawaii!

You are invited to join Lisa Gilmour and Susan O'Shea for a celebration at the beautiful Ramashala Retreat.

<http://ramashala.com>

This retreat will include Yoga (Kundalini, Hatha & Restorative) and the embodied movement practices of Core Connexion & Feminine Presence. We will participate in ceremony & ritual, ocean energy with the whales and dolphins and island energies with Pele, the Goddess of the Volcano.

New Moon and Equinox are special times to "Reset." Releasing old patterns allows space for new possibilities to come forth. In North America spring is a time of balancing and new beginnings. What better time and place to honour these intentions for ourselves, our family and the planet, than on the Big Island of Hawaii!

When: March. 15-22, 2015

Cost: \$2,000.00 Canadian before Dec. 15, 2014.  
Includes three meals a day, accommodation and land transportation.

After Dec. 15: \$2200.00

Flight not included.

Deposit: \$500.00

For information about Susan please visit her Bio at <http://susanoshea.wordpress.com/contact-us/>

For information about Lisa please visit her Bio at [www.bluemotion.ca](http://www.bluemotion.ca)

For further information and registration please contact Lisa @ 403-819-2583

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Aloha, Lisa and Susan