

**Connect, Renew, and Explore On Beautiful Maui
7 Day Retreat with Bhante Sujatha and Inward Bound
November 17th-24th 2019**



We invite you to join us on the beautiful island of Maui November 17th-24th 2019 for a wellness retreat rooted in loving kindness and gratitude. Hosted by Venerable Bhante Sujatha, founder and head monk of The Blue Lotus Temple, Anna Ottolino, ERYT200, Owner of Inward Bound and Founder and former owner of The Yoga Effect, and Jennifer Sullivan, local Maui specialist.

Enjoy the beautiful accommodations at Lumeria Maui, a luxury educational retreat center and stunning oasis of tranquility that connects people with the sacred 'aina and mystery of Maui. Lumeria is located on six magnificently landscaped ocean view acres, just outside the seaside village of Paia on Maui's north shore. With a group of less than 20 participants, you can expect to experience the sights of Maui in a small group setting. Many times the most casual conversations with Bhante can be the most impactful. Bhante is available to schedule one on one time with you throughout the week, and Anna is happy to share her knowledge and love of yoga and healing. We will be experiencing so much of what Maui has to offer with daily excursions; so pack your hiking

shoes and your mala beads because you will be connecting with your spirit and your sense of adventure for an unforgettable week! www.lumeriamauui.com



Bhante Sujatha, a 30+ year Buddhist Monk, is singularly focused on adding more love in the world. Bhante teaches loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. His approach to meditation is deep and simple bringing core Buddhist teachings to everyone in a way that is practical and easy to understand. A joyful, radiant, funny and wildly energetic monk, Bhante will help you obtain peace that can only be found in deep silence. He is originally from Sri Lanka and is the head monk/abbot of the Blue Lotus Buddhist Temple and Meditation Center in Woodstock, Il.

Bhante believes that his purpose is not only to teach meditation , but also, “teaching people how to be happy.”



Anna Ottolino
Educational Registered Yoga Teacher 200 Hour
Founder and current owner of Inward Bound
Founder and former owner of The Yoga Effect
Certified Reflexologist
Trained Reiki Practitioner

Anna is fascinated by the mind/body connection and loves to use yoga, meditation, and other healing modalities to support her clients on their journey, and to find more meaning and purpose in their lives. She is an avid and adventurous traveler and loves to see friends and clients experience the beauty of a new destination. A mother of three teenagers, Anna's first passion is her family. She thrives to soak up as much precious time with her growing kids as possible and works hard to experience life in the present moment. Anna received her training from Martin Kirk, author of Hatha Yoga Illustrated, in 2009 and continues to study to deepen her knowledge and practice. She is grateful for all her many teachers, especially Bhante Sujatha for his continued love and support.



Jenny Sullivan
Certified Hand and Foot Melt Method Instructor
Travel enthusiast
Founder of JS Consulting

Jenny Sullivan, Business Strategy Consultant and travel enthusiast, originally from Canada, has lived on the Island of Maui for the past 11 years. In Toronto, Jenny worked in the corporate world and spent 10 years in travel and tourism, sales, and management. This was a great fit for her since from a young age she had a passion to see the world and loved igniting that desire in others. As Maui became the destination of choice for family and friends from around the world, Jenny became a local expert, leading tours and sharing her passion for the island. Jenny loves helping people through the healing powers of the Melt Method and practices yoga regularly. She believes that attracting opportunities to encourage a healthy balance of love and living by your highest values is the pathway to success. She is looking forward to showing you the hidden gems on this beautiful island.

Highlights:

- Daily Yoga with Anna (Hatha, Vinyasa, Gentle, Restorative and Reiki Restorative)
- Daily meditations with Bhante
- Dharma Talks with Bhante
- The Road to Hana
- Sunset 10,000 feet above sea level at Haleakala Crater
- 3 Of Maui's most beautiful hikes
- Spectacular waterfalls
- Several Beach excursions
- Free time in Paia (great food, shopping and a great hippie/surf vibe)
- Enjoy the beautiful grounds at Lumeria Maui with a pool, labyrinth, meditation garden, nightly campfires and more
- Enjoy 17 included meals, prepped daily with the finest local and organic ingredients(special diets can be accommodated)
- All transportation to and from the Airport as well as to all excursions provided.

Pricing

(Air fare not included)

Double Occupancy: \$3,800

Single Occupancy: \$4,950

Due to limited space, rooms will be reserved on a first-come first-serve basis by making a 50% Deposit.

Please make checks payable to: **Inward Bound**

Contact: Anna (847)561-7443 aottolino30@icloud.com 58 S Lake St. Grayslake IL 60030

Detailed Itinerary

(please note that due to jet-lag and the time difference in Maui, we have scheduled some very early activities the first few mornings)

Sunday November 17th:

Welcome to Maui! (Kahalui Airport)

Check-in and grounds tour

6:00pm Welcome Dinner

7-7:30pm Meditation

7:45-8:45pm Gentle Yoga

Monday

6-7am Morning Vinyasa Yoga

7-7:30am Meditation

7:30am Breakfast

8:30 am Depart - Hike La Perousse - King's Trail (bring beach gear)

11:30am Secret Beach Meditation

12-3pm Big Beach (Picnic Lunch and beach time)

Free time at Lumeria

6:30pm Dinner

7:30-8:45pm Gentle Yoga (with live music)

Tuesday

6-6:30am meditation

6:30-7:15am Breakfast

7:45am Depart for Road to Hana (Bring Beach Gear-beach shoes recommended)

Start at Bamboo Forrest Hike and Seven Sacred Pools

Snack

Hana Town

Red Sand Beach (meditation on beach)

Black sand Beach (picnic lunch)

Dinner in Paia (dinner not included)

Gentle yoga depending on arrival back at Lumeria

Wednesday

9-9:45am Breakfast

10-11am Meditation and Dharma talk

11:15am-12:15pm Yoga

12:30pm leave for Paia
Lunch in Paia (not included)
Shopping in Paia
3pm Visit the turtles at Ho'okipa
Free Time
7:30pm Dinner
8:30-9:30pm Reiki Restorative

Thursday

7-8:15am Yoga
8:30am Breakfast
9:15am Depart for Hike Olinda Forrest-Forrest Meditation
12:30pm lunch at Lumeria
Depart 1:30pm for Lavender Farm and Sunset at Haleakala Crater
7:30pm Dinner at Lumeria
9pm Restorative Yoga

Friday

7-8am Breakfast
8:15am Depart for Wailea
9-11am Yoga, Meditation and Dharma Talk Ocean Side (on grass)
11:15am Depart for Jenny's Beach in Wailea/Kihei
12-1pm Lunch at Sarento's on the beach
1pm Beach time (snorkels recommended)
5:30pm Sunset on the beach
6pm Depart for Lumeria
8pm Dinner at Lumeria
9pm Restorative Yoga

Saturday

7-8:15am yoga
8:30-9am Meditation
9:15am Breakfast
10am Depart for Twin falls and Baldwin Beach
Lunch in Paia (not included...save room for an early dinner)
Free time in Paia
5pm Dinner at the famous Mama's Fish House
7:15pm Closing Meditation and Dharma Talk
8:30pm Special yoga event

Sunday

Yoga and Morning Meditation (times depend on departures)

Breakfast
Checkout

Packing list:

- Yoga wear
- Yoga mat or yoga towel
- Beach gear including a towel, sunblock, hat, (snorkel gear and water shoes recommended)
- Hiking shoes
- Light raincoat (we will be hiking in the rainforest)
- Island attire
- Light jacket or sweater for cool nights
- Reusable water bottle
- warm clothing for Haleakala (average temperature 32 degrees Fahrenheit at 10,000ft)





