

Hawaii Retreat Registration
February 12-19, 2010
8 Day Residential Retreat

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Email _____
 Home Phone _____
 Other Phone _____
 Emergency contact: _____

Choice of Accommodations

The following are early registration prices when paid in FULL by Nov. 12, 2009. For payments made after Nov. 12, add \$100.

- LODGE:**
 SHARED ROOM / SHARED BATH \$2300 _____
 SHARED ROOM / PRIVATE BATH \$2400 _____
 PRIVATE ROOM / SHARED BATH \$2550 _____
 PRIVATE ROOM / PRIVATE BATH \$2750 _____

- COTTAGE:**
 SHARED ROOM / PRIVATE BATH \$2500 _____
 PRIVATE ROOM / PRIVATE BATH \$2800 _____

CAMPING:
 *Only recommended for seasoned campers \$2000 _____

*All prices are per person

Retreat cost includes all accommodations, gourmet meals, training and special events. Participants are responsible for their own airfare and transportation to and from Kalani.

If paying by credit card please include your billing address if different than above.

Card holder name _____

Credit card number _____ expiration date _____

Signature _____

Credit card billing address if different than above _____

Amount Enclosed: _____ \$500 non-refundable deposit
 _____ Full Amount

Registration Policy / Information: A \$500 non-refundable deposit is required to reserve your space. Full payment must be received by Feb 1st to guarantee your space. **No refunds after Feb. 1st, 2010.** All rooms are booked on a first come first serve basis. Pool areas are clothing optional. There are no drugs or hard liquor allowed at Kalani Retreat Center. Please make check or money order payable to: **Sacred Lomi, LLC or Tom Cochran** I have read and understand the registration policy.

signature /date _____



Tom Cochran

is a master practitioner of Hawaiian Temple Bodywork. He has an extensive background in Hawaiian shamanism, yoga, dreamwork, movement, energy work, meditation, massage and group facilitation. Since 1991, Tom has traveled worldwide, teaching and offering sessions in Europe, Japan, Canada, Hawaii and across the United States. "These ancient teachings remind us of our wholeness, our divinity. It's an awaken-

ing that allows us to know our unique Self, not as a separated individual, but as a connected part of the whole. For me, it is a tremendous gift to travel and share the power and beauty of this work and witness individuals awakening to themselves on such an intimate, soul level."

Donna Jason

is an actress, writer and teacher committed to the transformational power of the creative arts. She has an extensive background in theater, dance, creative visualization and healing through the emotional body. "Our inner most truth is our greatest teacher and guide. When we journey through layers of our identity and learn to be present with and accept all of who we are, we reconnect with our true self. It is our core self that we long for, that we are lonely for and that houses our calling, our beauty and our power."



"The sacred temple bodywork is so loving and healing, so honoring to our bodies. Tom and Donna are such beautiful examples of love and honor."
 G. Nytes, LMT

"This training took my practice to a more sacred level of healing. The techniques have saved my hands and lengthened my career indefinitely."
 J. Groom, LMT

IMPORTANT LOGISTICS

- **Approximately one month before the retreat**, we will send a welcome packet that will include a receipt, additional information and a recommended list of what to bring.
- **Flying to the island of Hawaii** you have two choices of airports. Hilo airport (ITO) is a 45 minute drive from the Retreat Center. Kona Airport (KOA) is on the other side of the island and is a 2 1/2 to 3 hour drive
- **Check in time:** You can arrive at Kalani between 2pm - 4pm and enjoy the pool, hot tubs and property. Your room will be ready by 4pm. Rooms may be ready earlier but guaranteed at 4pm.
- **We begin at 5:00pm** in the Rainbow Room on Friday, Feb. 12th.
- **End time** is after lunch on Friday, Feb. 19th around 1pm.

*We look forward to seeing you in Hawaii
 Blessings and Aloha, Tom, Donna & Jonah*

Sacred LomiTM
Hawaiian Temple Bodywork

P.O. Box 1206, Agoura Hills, CA 91376-1206
 www.SacredLomi.com • aloha@SacredLomi.com • (818) 865-8813

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Hawaiian Temple Bodywork

Hawaii Residential Retreat
February 12-19, '10 Big Island

Sacred Lomi,® is a
 NCBTMB Approved Provider #291111-00