



**Hawaii Yoga Retreat : Second Annual Winter Regenesis
with Scott Anderson**

Haiku, Maui

Wednesday March 3rd – Sunday March 7th 2010





Maui

Courtesy of www.mauiestatebook.com

Haiku

Haiku is a small town on the north shore of Maui, east of the airport and main city of Kahului along Highway 36, the Hana Highway.

Haiku is laden with small organic farms, growing bananas and other fruits. The local flora include tropical flowers, orchids and palm trees. Horse lovers will enjoy the many horse farms in Haiku.

The average temperature in March is between 60 – 76 degrees. Restaurants are nearby most guesthouses. Expect to pay \$7-10 for breakfast or lunch, with dinner being slightly more expensive.

Getting around

Experienced Maui travelers recommend renting a car and sharing it with your lodging buddies. Try bidding on a rental car at www.priceline.com where people have gotten cars on the island for as cheap as \$15/day.



Studio Maui

Daily Yoga

Each day (Wednesday – Sunday) will include an in-depth yoga class from 6-9AM in the Studio Maui's 1400 square foot studio. The rest of the day, students will have the freedom to explore the Valley Isle. For links to some of the many places to explore and things to do, see the Additional Resources section at the end of this brochure.

Accommodations

Students will choose their own lodging during the yoga retreat, to ensure they can create their ideal Maui experience. Below is a guide to the recommended accommodations close to Studio Maui in Haiku. Due to zoning regulations in recent years on Maui, it is difficult for larger scale lodging businesses to operate. Thus, what you'll find are cozy guesthouses and cottages, and room rates listed are per guesthouse – NOT per room. You may want to plan to travel and stay with others in the program, and students are encouraged to make travel plans together. Contact us for a list of current registrants.

The information below is accurate as of October 2008.

Moon Over Maui

10 minute drive to Studio Maui
Contact: Thomas Sewall
808-572-3554
www.tomsewell.com/php_includes
Login: moon Password: Guest123

Follow the link above to log in and see pictures of each house.

	<i>Bedrooms</i>	<i>Rate/night</i>	<i>Rate/week</i>
Mana House	3	\$250	\$1500
Tree House	1	\$130	\$800
Bali House	1	\$125	\$750
Honey Moon Cottage	2	\$100	\$600
Sugar Shack Cottage	1	\$70	\$400

Three Treasures

2 minute walk to Studio Maui
15 minutes from the airport - \$1 shuttle service
718 Haiku Rd
Haiku, Maui 96708
Contact: Richard Molczadzki
808-344-3597
ricardo@threetreasures.com

	<i>Bedrooms</i>	<i>Rate per Night</i>
Main House	3	\$300 (plus \$200 cleaning fee)
Bird of Paradise Apartment	1	\$100 (plus \$70 cleaning fee)

Banyan Tree

15 minute drive to Studio Maui
3265 Baldwin Ave.
Makawao, Hawaii 96768
Contact: Marty Herling
808-572-9021
www.hawaii-mauirentals.com

4 cottages (studio style with two beds each) and 3 bedrooms in house \$145 – 690/night.
Visit their website to view each house and check availability.

Plantation House

3 minute walk to Studio Maui
Contact: Bonnie Marsh
kokomodoc@yahoo.com
(808) 575-2051

Restored plantation house with shared shower and kitchen. A deck in back, organic vegetable garden and fruit trees. Within walking distance are restaurants, a gym, market, and post office.

	<i>Bedrooms</i>	<i>Rate per Night</i>
Guest Room	1*	\$75 (plus \$35 cleaning fee)
Sunroom	1	\$60 (plus \$35 cleaning fee)

* Good for people looking for very inexpensive lodging, the Guest Room can sleep three people, with a bed, futon, and large reclining chair.



Haiku Studios

12 minute drive to Studio Maui

2660 North Holokai Rd

Haiku, HI 96708

Contact: Max Ludwig

ludwig@maui.net

(808) 572-4749

www.zonder.com/PropertyProfile.aspx?PropertyId=2680

This property is on 2 acres of land out in the country, 1 acre of which is filled with tropical fruit trees. There are also vegetable and herb gardens on-site. Beautiful ocean view of breaching whales in March.

	<i>Bedrooms</i>	<i>Rate per Night</i>
Studio Apartments*	1	\$85

* There are 3 studio apartments (all 5 years old). Each has king size bed and futon converting to a full size bed, with own kitchen and bath. Shared outside laundry room.

Additional Resources

The Studio Maui

810 Haiku Road
Haiku, HI 96708
866-427-1427
www.thestudiomaui.com

Eco Guide to Maui

<http://www.supak.com/ecomau/ecomau.htm>

Hike Maui

<http://www.hikemaui.com/>

Vela Windsurf Resorts

<http://www.velawindsurf.com/>

Skyline Eco Adventures

<http://www.skylinehawaii.com/links.html>

Alternative Maui

<http://www.alternative-hawaii.com/actmau.htm>

Alternative Visitor's Guide Maui

<http://www.maui.net/~brucek/shakya/altguide/altguide.html>

Maui Transportation

<http://www.mauiinformationguide.com/maui-transportation.php>

Maui Whale Watch Tours

http://frogman-maui.com/maui_whale_watch.html

InfoHub Specialty Travel Guide

<http://www.infohub.com/>

