



A Kahuna Mist and Na Pua 'Olohe Kahuna Principles Workshop

Women - Living a balanced life in a masculine world

A four day residential retreat for women exploring and evolving feminine energy.

The topics we'll be covering over these four days are relevant to women in these times of great changes and can be easily integrated into your daily lives.

Our program will include the following:

- *Recognizing the feminine in ourselves
- *Using the feminine approach to achieve harmony in our physical environment
Your physical space re arranged to support you and your goals
- *Using the feminine approach to conflict resolution
- *Women and portals of passage
Gateways to the stages of womanhood
- *Physical, psychological and spiritual changes
- *Selecting foods that support the stages of our life
- *Supporting and strengthening our bodies with the soft approach
- * Body mapping – focus your energy where it will do the most good
The link between beauty and spirit

Each day will include working as a group with these topics. Individual attention will be given to individual situations

Your instructors will be Ho'okahi Tamara from Na 'Olohe, Hawai'i and Gaylyn Aitken from Kahuna Mist, Sunshine Coast. Together, these two instructors bring thirty seven years experience in living and teaching Kahuna Principles to the workshop.

Dates – October 22 to 25 2010

Venue – Andari Luxury Apartments Sunshine Beach Qld.

Contact – Gaylyn Aitken Ph: 07 54837699 E: info@kahunamist.com

Fee - \$1,400 includes accommodation, meals and training

We hope this approach of compassion and clarity will give you the tools to support yourself in compassion and understanding



