

Danceformation Kauai Retreat Itinerary July 24th - 28th, 2014

Nutritious, delicious gourmet meals and other fabulous surprises everyday!



Day 1

- Pick up (Airport & Hotel)
 - Move into Waimea Plantation Cottages
 - Welcome Dinner
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Day 2

- Silent Tea and Coffee
- Breakfast
- Danceformation (Move it OUT)
- Lunch
- Waterfall Adventure - bathe in the refreshing pools of a spectacular sight.
- Dinner
- Sound Healing Experience



Day 3

- Silent Tea and Coffee
 - Breakfast
 - Danceformation (Move it IN)
 - Lunch
 - Boat Tour - receive the amazing Na Pali Coast
 - Dinner
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Day 4

- Silent Tea and Coffee
- Breakfast
- Danceformation (Move it UP)
- Lunch
- Epic Nature hike- witness some of the most inspiring views!
- Dinner
- Finale Celebration



Day 5

- Breakfast
- Drop-Off at Airport & Hotel

Feel the Experience....

Aloha!

Check out the first-class accommodations here:
www.waimea-plantation.com

Meet your guides:
KalewaKauai.com