

Denise Benítez

Denise Benitez, a Certified Anusara teachers, is the founder of Seattle Yoga Arts. She has studied and practiced yoga since 1973. Her teaching arises from a lifetime of investigation into creating nourishing, meaningful movement, and a commitment to cultivating curiosity, spaciousness, and soft-heartedness in practice and life. Denise is excited to teach this retreat on the beloved land of Hui Ho'olana, in the magical winds of the Hawaiian islands. Please join us for this transformative week of yoga!



“Denise Benitez could teach a yoga and meditation retreat in a damp, windowless shed in Dundee and it would be a sublime, life-enhancing experience. But one cannot do justice in words and pictures to the power of the Hui Ho'olana. Cradled in its natural beauty and in the warmth and hospitality of its lovely caretakers, this retreat becomes truly transcendent. One leaves spiritually and physically rejuvenated and desperately hoping that it may be more than a once in a lifetime affair.”

—Bob D.

“What a remarkable experience. A sudden community of unique yoga friends, AMAZING home-cooked organic meals, beautiful Denise Benitez, the living, breathing jungles of Molokai, outdoor bathtubs under star-filled skies, huge ripe avocados, picturesque lanais, and plenty of free time to read, swim, or play on the beach. DO IT!!!”

—Sarah T.

“How do I love thee, Hui? Avocados the size of my head for the picking, abundant organic meals thrice daily, every whim attended to, puu puu platters under rainbows and sunsets beyond belief, intimacy of new friends and warm ocean waters, yoga and meditation twice daily (with Denise no less!) as open windows bring in tropical birdsong, scents and breezes; tucked away cabins and pools for private reflection, warm baths under the stars, and there's more, so much more, till you are saturated in beauty.”

—A & C

The Heart of Inspiration Retreat
Seattle Yoga Arts
1540 - 15th Avenue
Seattle, WA 98122



Anusara Yoga in Molokai, Hawaii with Denise Benítez

The Heart of Inspiration A Week of Anusara Yoga with Denise Benitez



April 22-28, 2012



Hui Ho'olana Retreat Center
Molokai, Hawaii

Ho'olana means "to inspire-the kind of inspiration that floats up from within the heart."

The Heart of Inspiration

Molokai is the birthplace of the hula and the sacred island where Hawaiians sent their kahunas (shamans) for training. It is a quiet and deeply spiritual island. Ecological stewardship of the land is a constant goal at Hui Ho'olana, and they are slowly reforesting their 75 acres with native trees and plants. Recently, birds which have not been seen on Molokai since the pineapple plantations deforested the island have been seen at the Hui. The center's intention is to find efficient ways of being environmentally conscious in everything they do. A primary focus is growing their own organic fruits and vegetables. The center grinds its own flour, makes their own breads and are known for their fantastic cuisine.

Each day you will enjoy two yoga classes; the week will include many varieties of practice. Classes are held in a beautifully crafted and landscaped circular gathering space. A beautiful chlorine free rock swimming pool and three outdoor bath tubs provide spectacular sunset bathing. You will have free time to take part in all the area has to offer, including a free day on Wednesday. Go snorkeling or hike spectacular views along the highest sea-cliffs in the world, only 5 minutes away. Quiet, secluded beaches are a 25 minute drive.

"After sleeping deeply for 12 hours my first night at the Hui. my days became deeply relaxed and sweetly pampered --all while practicing yoga 5-6 hours a day with Denise Benitez --a joy in itself. All this and plenty of time for quiet or conversation plus three afternoons of body-surfing in the warm turquoise Pacific. Don't miss it!"

—Barbara O.

Denise's yoga retreat at Hui Ho'olana is very special, in a peaceful and inspiring setting on Moloka'i, where the energy and power of old Hawai'i is strong. It offers the opportunity to deepen and invigorate your practice in a place of tremendous natural beauty. The whole experience is a wonderful sanctuary, nurturing, energizing and fun!

—Karen J.

For more information please visit the Hui Ho'olana website at huiho.org. Call Desiree Jordan at 206.440.3191 or email her at Desiree@SeattleYogaArts.com

Accommodations

You will have a room either in the lodge, or in one of the out-lying small cabins scattered on the land, which share a bathhouse. The lodge is completely renovated; all buildings are connected by paths through the land, creating a village atmosphere.



Cabin

The cabins are scattered across the property, and share outdoor bathhouses. Cabin accommodations are one room with sitting area and are tucked away in the jungle, so afford more privacy. They are newer construction and contain either a queen bed or twin beds.

Please note: The retreat center asks that you participate in a 5-10 minute per day karma yoga task. This helps the lodge stay neat, keeps cleaning costs down and provides a sense of community life.

Arrival & Departure

Plan to arrive after 2 pm on April 22 and depart after noon on April 28. Please make your travel arrangements accordingly.

Air Transportation

Price for this retreat includes yoga classes, meals, and accommodations. You book your own air transportation, flying into Honolulu and taking a local carrier to Molokai's Kaunakakai Airport.

Ground Transportation

Hui Ho'olana is a 15 minute drive from the airport and 5 minutes from the nearest village. We will probably rent a few cars to have available for beach trips, hiking, etc.

Lodge Room

In the lodge you will share a room with 2 to 4 people. The lodge has 4 bedrooms and an outdoor covered platform ("sky house"). Those who stay in the lodge share two indoor bathrooms, an outdoor shower and an outdoor bathtub.

Registration

Room fees are per person & include lodging, food, & yoga classes.

ROOM TYPE LODGE ROOM: \$1250, CABIN: \$1450

Please send a deposit of \$500 per person with your registration. Your full payment is due by March 1. Please plan carefully, as there are NO refunds or cancellations after that date. Prices are available for non-yoga traveling partner. Please inquire.

NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

CITY/ST/ZIP _____

TYPE OF ROOM _____

TOTAL RETREAT COST \$ _____

TOTAL ENCLOSED \$ _____

Please mail the registration form with a \$500 per person deposit (payable to Denise Benitez) to: Denise Benitez, Seattle Yoga Arts, 1540 - 15th Avenue, Seattle, WA 98122. For more information call Desiree Jordan at 206.440.3191 or email her at Desiree@SeattleYogaArts.com.

