

# Tracy Groshak's

Annual "Magical" Yoga Retreat

# Hawaii

April 28<sup>th</sup> to May 5<sup>th</sup> 2012

**7 nights shared accommodation**  
at Hale Kai ocean-front private retreat space

**Vibrant Organic Feasts 2 meals/day +**  
light breakfast (lots of fresh amazing food)

**2 yoga classes per day**  
incorporating meditation, pranayama, vayas ,asana,  
biomechanics & tensegrity repair series

**1 hour incredible massage**  
from the healing hands of Michelle from the Big  
Island of Hawaii.

**Ground transportation**  
(pick up/drop off - to and from airport only)

Does NOT include airfare, or gratuities

To reserve your spot on this spectacular retreat visit my website or email me:

[tracy@tracygroshak.com](mailto:tracy@tracygroshak.com)

