

A private retreat is certainly an investment, but it's an investment in your health and well-being! This unique experience is purposely crafted to cater to your individual desires and needs, nurturing your personal growth process while enveloping you in the healing elements of the Big Island, Hawaii. This is truly an opportunity like no other.

During our time, together we will delve into your aspirations while exploring and evolving your inner blocks and limitations. Here's a brief overview of what to expect.



Together, we'll partake in a variety of activities tailored to your body's needs, including movements, *appropriate for your body at the time of our meeting*, and guided meditations designed to illuminate your goals and intentions. We'll also incorporate grounding pranayama techniques to foster release, clarity and vitality, alongside ample time for meaningful conversation. Through dialogue, we'll uncover and transform any limiting language or thought patterns, nurturing greater self-awareness.

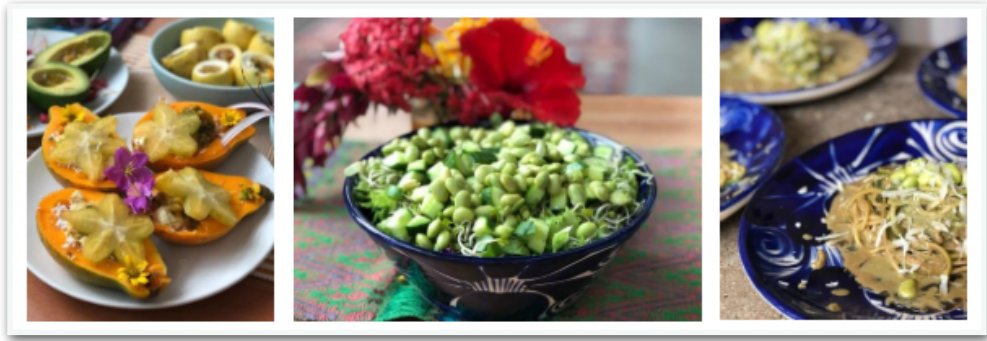
Furthermore, you'll receive journaling prompts to delve deeper into your reflections and hold yourself accountable. Intuitive practices will be introduced to help fortify your spiritual connection. Additionally, I offer a somatic hypnotherapy session, providing a unique perspective on how the body retains and moves trauma. By the end of our time together, you'll depart with a personalized plan to maintain momentum and continue your growth process. And, of course, you'll have many healing moments with the powerful energy of Hawaii!

Sessions

- Morning: 9:30 AM to 12:30 PM
- Afternoon: 4 PM to 6 PM

- Free time: 1:30-4PM. Solo time, excursions, land engagement or massage.

Meal Times



Diet plays a vital role in your ability to navigate life. Breakfast will feature locally sourced organic Hawaiian fruits, while lunch and dinner will be prepared by a professional private chef using fresh, organic, local ingredients.

Furthering our time together through shared meals provides additional time with me for questions, reflection, and enjoyment. Additionally, you'll have access to your own outdoor kitchen for coffee, tea, and leisure that overlooks a blooming lotus pond, Noni, Cashew and Ulu trees.

- Breakfast: 9 AM to 9:30 AM
- Lunch: 12:30 PM to 1:30 PM
- Dinner: 6:30 PM to 7:30 PM

Accommodations



You'll reside in your own private jungle bungalow, offering breathtaking views of the property & jungle, peeks of the ocean and a spacious deck for relaxation. These bungalows are screened-in to provide an immersive experience with nature. Bathrooms and showers are located in a separate structure just steps from the bungalows.

Airport Pick-up/Drop-off

Transportation to and from Hilo Airport (ITO) can be arranged.

Excursions

Weather permitting, we'll explore various natural sights, such as Kehena Black San Beach, the Pohoiki Hot Springs, and a breathtaking walk along the dried lava fields from the lava flow from the 1950's.

Massage

Massage sessions can be arranged for an additional fee.

Dates: When and for how long?

Recommend: Six nights accommodations with a minimum of 4 full days dedicated to practice. A lot of happens in 4 days of one-on-one private time! Additional days are for arrival and integration/departure.

If you're interested in extending, shortening or modifying this recommendation, please indicate. Inquire to check availability for your preferred dates.

Pricing

Opting for a private retreat involves an investment of your time, energy, and money, yet it's ultimately an investment in nurturing your health and quality of life. My pricing is customized based on a variety of factors, including the number of nights of accommodations, the number of hours of sessions, meals, and

other personalized services. We understand that each individual's needs are unique, so we tailor our offerings to ensure you receive the most beneficial experience possible.

Please email to initiate a discussion and arrange a suitable schedule that works best for you.

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kualoliretreats.com

Testimonials

"I had the most transformative experience at Kualoli and with my intensive with Robin Duryea. She observed and helped me navigate my body, mind and spirit during our 4 day one-on-one retreat. The personalized attention and thoughtful guidance allowed me to deepen my understanding of myself, fostering physical and spiritual growth. The serene jungle setting, combined with the teacher's expertise, made this retreat an unforgettable journey toward mindfulness and self-discovery. Grateful for this enriching experience that has left a lasting positive imprint on my life." K.C. 2023

"I went to work with Robin because I could feel that she is an incredibly powerful teacher. When I initially met her she had such a strong and healing presence. I wanted to work on feeling inspired and cultivating more freedom in my life. My experience was completely transformative!! She is a total powerhouse!! She tailored all of my sessions to assist with my current life experiences and challenges, and I felt completely seen and held by her. I was left feeling better than I could have ever imagined! As someone who has struggled with anxiety and depression for most of my life, I felt like the chemicals in my brain were equalized for the first time. And the blessings in my life flowed in after I left Robin's retreat center. The results were nothing short of pure magic! It's hard to put it all into words - it must be experienced to be understood." W. P. 2022

"The property is bursting with life, from the sound of the crashing waves to the abundant flowering and fruitful plants to the sounds of the birds and frogs and surprise gecko appearances,--this place offers a transformative escape! Our Jungalow was comfortable, clean, and private and the pavilion offered all we needed for a delightful 4-night retreat. Looking forward to the next visit!" M.B. 2024