

Robin Duryea's 1:1 Mentorship Retreat



Personalized support and attention from an experienced teacher is your opportunity for self-healing & empowerment in a nourishing & idyllic setting. Internally source what you need to feel good & live life on your terms.

Originally from San Francisco, where Robin spent a decade offering Yoga & other healing modalities, she is now the owner & steward of Kualoli Retreats on the Big Island of Hawaii. After a year of settling in & hosting guests, friends, students, classes and retreats she is now opening up to host 1:1 mentorship programs.

Robin's 1:1 mentorship is offered as a four-day personalized retreat held at Kūaloli Retreat Center, along the majestic Red Road on the East Side of the Big Island, Hawaii. Here you will experience a life changing immersion into the power of nature and the potential of your practice & your life.

This - *curated just for you* - **four-night, three full days, retreat includes a total of eight, two-hour practices.** Each practice is

designed according to your personal desired outcomes. Pulling from an array of modalities the focus can be on any area of life; work, love, health & family.

Accommodations: You will have your own sweet jungalow nestled amongst papaya, cacao & guava trees just steps from the ocean. Outfitted with a queen bed, private deck, and partial views of the ocean. Steps from your jungalow, overlooking a lotus pond, you will have use of the 'pavilion'; a separate structure with kitchen, dining area, showers & bathrooms.



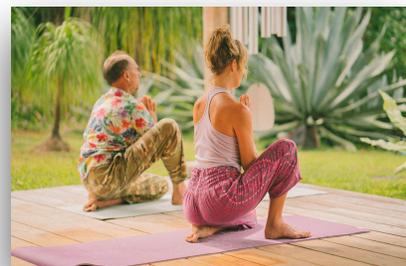
Topics to address

- Develop perspective, clarity, confidence, courage, excitement & inspiration
- Create clear, actionable steps
- Come back to the body & its natural wisdom
- Re-frame your thinking around what's possible
- Rewrite the script

- Letting go of old stories
- Learn to perceive & work with change as an exciting opportunity
- Acknowledging there is no set timeline in life. Create a timeline that works for you.
- Check limiting language
- Evolve out of limiting beliefs
- Develop a Pro-Aging attitude
- Make a plan to get off prescription drugs
- Ignite creativity with how you move through the world
- Strengthen intuition
- Get back to your practice. Get back to feeling good!
- Address thoughts & feelings that can hold you back; fear, doubt, insecurity, cultural noise, family expectations
Practices may include but are not limited to
- Yogic postures (asana) per your body's needs for alignment, health & grounding - beginner to advanced

- Specific meditation techniques for specific outcomes. Calm, focus, insight, etc...
- Mantras to rewire the brain
- Breath work to address the nervous system, mental state & spiritual self
- Writing/Journaling for clarity & accountability
- Mythology for activating & awakening
- Shiva/Shakti exploration for balance
- Somatic work to get into the subconscious/physical body relationship
- Healthful eating practices
- Music & Sound for release & activation (Gong & Harmonium)
- Plus more!

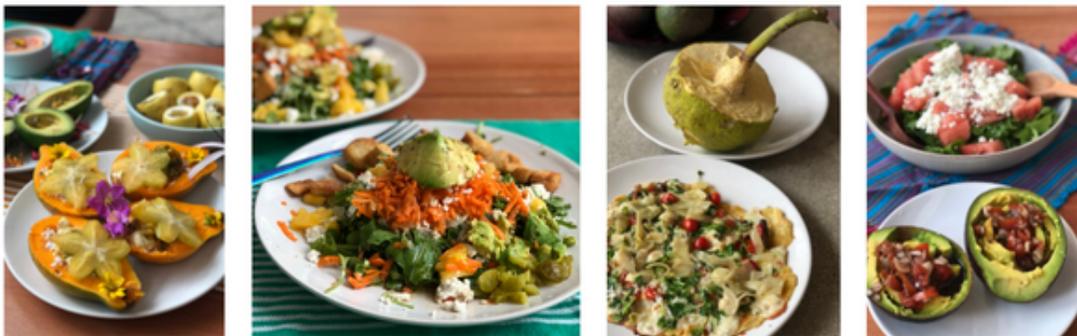
Who this is for: This mentorship is for anyone who wants knowledge, support, tools, inspiration, honesty & clarity. This is for those who want to navigate any kind of life change with strength and grace.



This is for those who simply want four days to focus on their practice and have healthy time with themselves in an incredible setting. This is for those who want to bring more joy & play into their lives. What are you ready and wanting to address? What could you use support with? Where do you want to be three months from now? *This is the bridge to get you from where you are to where you want to be.*

How it works: **When:** You decide the dates. Let me know a few date options that work for you. **How:** Share your answers to the below questions. Based on your responses & desired outcomes I tailor a program specifically for you and your needs. I share with you and we make any needed adjustments. You will also be equipped with tools to take home with you for continued practice and confidence on your journey.

Meals



We have an in-house chef who makes food for the soul. You can include breakfast, lunch and/or dinner at an additional cost. There is also a kitchen for you to use during your stay should you prefer to cook your own meals. Or, enjoy a combination of both.



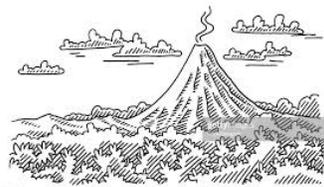
Working with Robin: “I went to work with Robin because I could feel that she is an incredibly powerful teacher, not only with physical asana but also with philosophy, mythology, mantra, etc. When I initially met her she had such a strong and healing presence. I wanted to work on feeling inspired and cultivating more freedom in my life. My experience was completely transformative!! I absolutely loved my

sessions with Robin twice a day. 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. We worked on alignment with physical asana practice, specific mantras to help with my current situation, as well as deep meditation, breath work, and other unique healing modalities that Robin offered. 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.” - Whitney P.

Cost: Monetary exchange is negotiated depending on the work we do & if meals are provided.

Answer these questions and let the journey begin!

- 1) How do you want to feel after your days here? Share with me 3 feelings then highlight one. It can change. It's not set in stone.
- 2) What areas of practice interest you? Mantra, Meditation, Vinyasa, Alignment, Chakras, Mythology, Somatic Mind Body Connections, Pranayama, Philosophy, Music (gong, harmonium, guitar), all the above...share any and all. Feel free to get specific.
- 3) What areas of practice challenge you?
- 4) In your life currently, what's feeling good?
- 5) In your life currently what's challenging?
- 6) What do you want to have accomplished three-six months from now? Where would you like to be three-six months from now?
- 7) Are you feeling AM & PM practice or one time a day? What's your ideal?
- 8) Would you like any meals included? (You do have access to a kitchen to cook your own food though meals can be provided)
- 9) Anything else you'd like to share?



**There is always a way
From my heart to yours,
Robin**



Next Steps

**Submit your inquiry by going to the 'contact page' at
kualoliretreats.com**

kualoliretreats.com

robinduryea.com



Kūaloli pronounced (Koo-ah-low-lee) is Hawaiian for Metamorphosis