

***This is information for your journey into New Eden a.k.a. Maui!
We hope you are as excited as WE ARE!***

Below are some important details so take a look:

FINAL PAYMENT IS DUE IN FULL BY 10 days before your retreat (No Exceptions)

PLEASE BRING WARM CLOTHES FOR THE NIGHT & house shoes. Haiku can get chilly at night.

Consider stopping to get lunch on your way up, because dinner won't be until much later in the night.

Some people have offered to share a rental car, the time is now to go in on that and save yourselves all some money.

Extra Costs: we have several spa days planned for you, they are only \$10.00 per session, and where we swim with dolphins is free, but if they are too far out we may need to rent a boat and if we need to rent a boat to get to the whales and dolphins then there will be an extra charge of about \$45. Dinners are on you, and any shopping you may want, as well as rentals such as snorkel/kyak/etc.

DIRECTIONS TO THE LOVEEVOLUTION

(Will be emailed to you before you arrive.)

READ THIS ENTIRE MESSAGE PLEASE. If you wish to rent a space before or after the retreat please arrange that with DreamingBear in order to ensure your space.

Beloved Loveevolution Retreat Participants,

We are profoundly excited to have you arrive here in Paradise, on-site at Loveevolution Retreat home in Haiku, only 3.5 miles from the ocean, but with a spectacular view!

It is New Eden here on the beach, & in the forest under the blue starry sky. The air is so fresh and clean, the ambiance seems to be smiling, and so will you! We'll be enjoying meditating, yoga, swimming, dancing, singing, feasting upon the views and fresh novel foods, meanwhile watching the sun rise and set which will knock your socks off (since you won't be needing socks) for the duration of what could be the most illuminating and inspiring trip of your life.

We only allow 10 people at each retreat so that they stay personal & uncrowded. Though when we are approaching maximum capacity, we wish to let you know that there is a waiting list available. Also, day and evening passes are available to islanders at a discounted rate.

Reserve at <http://dreamingbear.net/hawaiianretreats.html> or feel free to call 808-205-8117 if you have questions beyond those addressed online.

The nearest airport is Kahului, Maui with direct flights to many American cities. Participants retreat check in is 2- 5 pm on the start date with the opening ceremony at 5. Followed by dinner at 6. Check out is by 12:00 pm on the last day, unless you opt to stay on as a vacation rental. All vacation rentals are welcome to come early and stay at \$59 per day.

WHAT TO BRING:

Here's the Essential short list:

- * water bottle, BACKPACK
- * rivershoes or water sandals to prevent cuts from coral and rocks while swimming
- * sweater for evenings
- * sleeping bag for (work trade) & possible camping
- * yoga or sleeping mat
- * shorts and t-shirts
- * swimsuit, SNORKEL GEAR
- * headlamp, flashlight and spare batteries

Optional Items:

- * sunglasses
- * camera
- * musical instrument
- * journal

Most Important 'Items':

- * sense of humor
- * Aloha spirit (or spirit of love)
- * attitude of gratitude
- * funlovingkindness

How close are the nearest shops and towns? Raw restaurants and some shopping is available every day during the retreat on site for your pleasure and convenience. A general store is 1/3 of a mile (or .5 km) north along the road, complete with a public phone, gasoline, mail box, and a tropical fruit stand. The nearest town is Paia just 5 miles (8 km) to the north, while Kehei is 15 miles (24 km) to the south.

What is the closest airport? Kahalui Airport is 35 minute drive from Camp Lovevolution.

Are there shuttles from the airport? How often and how much do they cost? Yes, there are a variety of shuttles to choose from. Please see the info below & or google for more results. We are asking all retreat participants to consider sharing the cost of a few vehicles, that way it's not too expensive for any one, & we can all car pool together. If you are willing to do this let us know!

Is it best if I rent a car? If you are independent by nature and/or would like to share many pleasant adventures exploring the island with friends who you will meet at Raw Spirit Maui, we recommend a car. If you are on an extreme budget, are international without a license or prefer other than driving, you may take the shuttle or hire a taxi. for cheap car rentals google: cheap maui car rentals.

Frequently asked questions:

What is included in the WORK TRADE ticket price? Eight nights in magnificent Haiku and more than seven days of inspirational activities. Shared work trade room, & 1 & 1/2 hours of seva (work) service per day. See schedule information below. Also organic vegetarian delectable tropical fruit breakfast are included and served daily.

Why is dinner not included? We want you to not only go on retreat, but to go out & experience all the wonder & beauty that Maui has to offer, many amazing places to eat cheaply!

When do I need to pay off my balance? We ask that you finish paying off your balance at least 1 week before you arrive here, & or if you wish to pay in cash please arrange that with DreamingBear personally by calling 8082058117, if you need clarification please contact us.

When does Lovevolution Maui begin? Unless you plan to arrive at an earlier date at vacation rental rates, check in is from 2 - 5 pm on the first day and a light dinner is at 6 pm & a concert to welcome you HOME.

When does lovevolution Maui end? The closing circle is at 10 am. Check out is from 10 – 12 pm on the last day, 2010 unless you are planning to stay on at vacation rental rates.

Can I come early and/or stay late? Yes! Many are opting to arrive early and celebrate with us on the beach. You are welcome to come as early to make the most of your flight to Maui. \$59 per 24 hours. You can pay on line with the \$59 per day option. Please let us know which additional nights you plan to grace us with your presence.

What is the daily schedule? The daily schedule will go out 1 week prior to your arrival, PLEASE PRINT IT OUT SO YOU HAVE A COPY. & we have wireless internet at the center!

What are some of the daily excursions? Several local trips to beaches, waterfalls, tropical fruit foraging, exotic locales and more. Some of these trips may be gratis, others are trips that you would pay or tip the guide for directly.

Is swimming, kayaking and snorkeling included? For liability purposes, swimming, kayaking and snorkeling are NOT included in the retreat itself; however, swimming options are plentiful via your stay. CAUTION: There is no life guard on the beach, so swimming is at one's own risk. The beach is generally relatively calm offering good snorkeling, swimming, kayaking and whale watching. Snorkelers may like to bring your own mask and snorkel. There are rocks and coral in many places under the water. Bringing and wearing river shoes or velcro rubber sandals is highly recommended to prevent scrapes.

What is the weather like? Located on the sunshine coast of Maui, the temperatures are in the 80s (high 20s Celsius) during the days with sunshine most of the time and 60s (high teens Celsius) at night.

We are Excited to Welcome You Home to New Eden Maui in just a few months!

**With Love from
DreamingBear & Friends**

Below is a sample retreat schedule, each retreat is subject to change:

Day One - MON

3:00 - 6:00	Welcome at Lovevolution Sanctuary in Haiku
6:00 - 7:30	Dinner & concert at Lovevolution Sanctuary
7:30 - 9:00	Introduction - Setting of intentions for the week

Day Two - TUE

8:00 - 8:15	Morning Meditation (optional)
8:30 - 9:30	Continental Breakfast
9:30 - 10:35	Personal Practice Time

10:45 - 12:45	5Rhythm Ecstatic Dance at Studio Maui (intro)
1:00 - 2:30	Group Lunch at Lovevolution Retreat Center
2:30 - 3:30	Land Journey to Twin Falls
3:30 - 5:00	Introduction to Modern Shamanism
5:00 - 6:00	Sunset swim at Baby Beach
6:15 - 7:30	Dinner in Paia Café' Mambo

Day Three - WED

8:00 - 8:15	Morning Meditation (optional)
8:30 - 9:30	Continental Breakfast
9:30 - 10:35	Personal Practice Time
10:45 - 12:45	5Rhythm Ecstatic Dance at Studio Maui
1:00 - 2:30	Group Lunch at Lovevolution Retreat Center
2:30 - 6:00	Little Beach Drumming Circle
	Fractal Dreaming (Lucidity)
6:30 - 7:30	Group Dinner at Colleen's in Haiku

Day Four - THU

8:00 - 8:15	Morning Meditation (optional)
8:30 - 9:30	Continental Breakfast
9:30 - 10:35	Personal Practice Time

11.00 - 12:30 Gentle Yoga at Studio Maui (optional)

1:00 - 2:30 Group Lunch at Lovevolution Sanctuary

2.30 - 4:00 House of the Sun Volcano excursion

4:00 - 5:00 Watch Sun Set from Haleakala

5.00 - 8:00 Free Time and Dinner you choose!

Day Five - FRI

6:30 - 7:15 Travel time to La Perouse Breakfast to go

9:30 - 12:00 Swimming with Dolphins and Turtles

Inter-species communication expedition

Water Ceremony

12:30 - 1:30 Group Lunch Picnic on the Beach

2:00 - 5:00 Excursion to Lahaina & South Shore

6:30 - 8:00 Dinner and Ulalena show (recommended)

Day Six - SAT

8:30 - 8:45 Morning Meditation (optional)

9:00 - 9:30 Organic Breakfast

9:00 - 6:30 Shamanic Journey to Hana, Bamboo Forest

Extra-Sensory Development of Internal Technologies Including

Chaos Magic & the Art of Manifestation

7:00 - 8:00 Dinner at Lovevolution House

8:00 - 9:30 Starlight Chant and Dance Fire Circle

Day Seven - SUN

8:30 - 8:45 Morning Meditation (optional)

9:30 - 9:45 Organic Breakfast

9:45 - 10:45 Vinyasa Flow Yoga at Studio Maui

11:00 -12:30 Birthing Pools: Midwifing a New Dream

1:00- 2:00 Lunch at Lovevolution Retreat Center

2:00 - 4:00 West Maui Mt. Tour – Waterfalls

4:30 - 6:00 Ho’o pono pono ceremony at TOP

6:00 - 8:00 Sweat Your Prayers at Studio Maui

8:00 - 9:30 Group Dinner at Paia Fish Market

Day Eight - MON

8:30 - 8:45 Morning Meditation (optional)

9:00 - 9:00 Breakfast at Lovevolution Retreat Center

9:15 - 10:00 Personal practice time

10:00 - 11:30 Swim and Walk at Baldwin Beach

12:00 - 1:30 Intention Setting for the Future

1:30 - 2:30 Lunch at Lovevolution Sanctuary

2:30 - 4:00

Closing Ceremony