

# Kauai 2011 - Daily Itinerary

**Friday, March 18 – Welcome to the Land of Aloha** – The group arrives today and settles into the beautiful Piliiana Beach House! [Piliiana Beach House](#)

## **Saturday, March 19 –**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
9:30 a.m. Personal introductions and overview of the exciting week ahead.  
*Nature Spirits Of Kauai ~ The Water Elementals with Minnie*  
Noon Lunch at the Piliiana Beach House  
Relaxing Day at the Piliiana Beach House and surrounding beaches.  
Evening: Open

## **Sunday, March 20-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
*Sylphs of the Air and the Fairies with Minnie*  
Noon Lunch at Piliiana Beach House  
*Exploring the breathtaking Kilauea Light House* [Kilauea Lighthouse](#)  
Evening: Open

## **Monday, March 21-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
9:30 a.m. *Tunnels Beach and Cave (workshop with Denise – "Messages from Spirit")*  
Evening: Dinner at Bubba's Burgers

## **Tuesday, March 22-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
*Meet Kauai's Fire and Earth Elementals with Minnie*  
Noon Lunch at Piliiana Beach House  
Relaxing Day at the Piliiana Beach House and surrounding beaches.  
Evening Open\_

## **Wednesday, March 23-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
10:00 a.m. *Magnificent Waimea Canyon, Menehune Ditch and dinner at Wrangler's*

## **Thursday, March 24-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Visit to *Kauai's Hindu Monastery* [Kauai's Hindu Monastery](#)  
Noon Lunch at Piliiana Beach House  
Relaxing Day at the Piliiana Beach House and surrounding beaches.  
Evening Open

## **Friday, March 25-**

8:30 a.m. Morning Yoga stretches with Minnie Kansman  
9:00 a.m. Morning Meditation on the beach or lawn with Denise Iwaniw  
+ *Special Project*  
1:00 p.m. *"Breathtaking Waterfalls and Sacred Ceremony with Denise at the Ancient Ruins in Waimea.*  
5:00 p.m. *Traditional Hawaiian Luau* [Smith's Luau](#)

## **Saturday, March 26 -**

10:00 a.m. Check Out  
12:00 p.m. Final Shopping, beach day, Waterfalls visit  
Scheduling a late afternoon flight home, to insure another fun-filled day!