

**UNITY OF DALLAS**  
**“Spirit of Aloha” RETREAT**  
**May 21-28, 2019**



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## **SCHEDULE**

*This schedule is subject to minor change. Follow web links in blue for more information about each item.*

### **21 May Tuesday**

2:00 – 4:00 pm/check-in Aston [\*\*Waikiki Beach Hotel\*\*](#)

5:00 – 7:00 [\*\*Welcome Dinner Tiki's Restaurant, on-site\*\*](#)

### **22 May Wednesday**

7:30 – 8:30 Breakfast in meeting room

9:00 – Noon educational program

(lunch on own)

Noon – 5:00 pm Free time

2:00 - 6:00 Transfer optional [\*\*Unity Wellness Treatments\*\*](#)

6:00 – 7:00 No Host dinner at Café Morey's or South Shore Grille

7:00 - 8:00 [\*\*Unity Healing Service\*\*](#)

Transfer back to hotel

## **23 May Thursday**

7:30 – 8:30 Breakfast

9:00 – Noon [Tour East Oahu and Nu'uauu Pali Lookout](#)

12:30 Lunch at [Deck Restaurant, Queen Kapiolani Hotel](#)

Afternoon and evening free (dinner on own)

## **24 May, Friday**

7:30 – 8:30 Breakfast in meeting room

9:00 – Noon Educational Program

Afternoon free (lunch on own)

5:30 Dinner: [Barefoot Beach Café dinner and fireworks](#)

## **25 May, Saturday**

7:00 - 9:30 Breakfast

8:00 – 9:30 KCC Farmer's Market

FREE DAY!

Optional tours to Polynesian Cultural Center, or other activities can be arranged.

## **26 May, Sunday**

7:00 - 9:30 Breakfast

10:30 Transport to [Unity Church of Hawaii](#)

11:00 "Aloha Sunday" Church Service

Lunch at Unity

[Unity Wellness Treatments](#) (Follow-up)

Free Afternoon

Dinner on own

7:00 pm (Possible) Ohana Movie Night: "No Room in Paradise"

## **27 May, Monday**

7:30 - 8:30 Breakfast in meeting room

9:00 - Noon Educational Program

Lunch served in meeting room

1:00 - 5:00 pm Free time

5:15 Departure

6:00 Arrival Ala Moana Beach Park

6:30 - 7:30 pm [LanternFloatingHawaii.com](http://LanternFloatingHawaii.com) Ceremony

8:00 pm Farewell Dinner, TBD

## **28 May Tuesday**

Check-out/departures

## **SPIRITUAL ENRICHMENT WORKSHOPS**

**(Note: These are not SEE classes and no credits are offered.)**

A variety of subjects will be taught by licensed Unity Teachers and Wellness Practitioners. Covered in three hour segments on Wednesday, Friday, and Monday, subjects include:

"Metaphysical Healing"

"Understanding Spiritual and Emotional Intelligence"

"Psychology and Unity"

"Unity Wellness: How to Integrate Body, Mind, and Spirit for Optimal Health"

## **TRAVEL ADVICE**

There are two non-stop flights on American Airlines to Honolulu from Dallas:

AA#123 9:15 depart - 12:41 arrive

AA#5 11:10 depart - 2:39 arrive

## **CONFIRMATION**

Once your registration in this retreat is received, we will send you a confirmation. It is strongly advised, however, that you do not purchase your airline tickets until we further confirm that we have met our minimum number of 16 participants in this program. (Your retreat fee will be entirely returned if minimum numbers are not met.)

Retreat is open to a maximum of 30 participants.

## **ACCOMMODATIONS:**

**[www.AstonWaikikiBeach.com](http://www.AstonWaikikiBeach.com)**

Rooms are double occupancy, partial ocean view. Upgrades to an ocean view or oceanfront room are available and can be purchased directly through the hotel, once your registration is confirmed.

If you wish to have a room on your own, the supplement for a single room is \$700. When you registration on line, you can add that to cart.

We have been offered special rates at the Aston Waikiki Beach Hotel. If you are arriving early or staying on afterwards, we can help arrange for these special rates, which apply 3 days prior to and 3 days after the event.

Check-in at the hotel is 3:00 pm, however, we will ask for early check ins once we know your arrival time.

## **CONTACT**

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Susanne Sims has over a decade of experience in custom designing retreats. She is the author of *Healing Vacations in Hawaii* and Director of The New Millennium Institute. Please contact her with any questions, or for assistance with your travel plans. Mahalo!

**[www.UnityHawaiiRetreats.org](http://www.UnityHawaiiRetreats.org)**