

**Unity Hawaii Retreats**  
**“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\*\*](#)

4:30 – 6:30 [\*\*Welcome Dinner Tiki's Restaurant, on-site\*\*](#)

### **22 May Wednesday**

Free morning (breakfast on own with voucher)

Lunch on own

1:00 Transfer to Unity for optional wellness treatments

2:00 Transfer to Unity for classes

2:30 - 5:30 Teaching at Unity Diamond Head Campus

6:00 - 7:00 [\*\*Hosted Dinner at Morey's\*\*](#)

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

Transfer back to hotel

## **23 May Thursday**

Breakfast on own with voucher

12:00 Lunch at [Deck Restaurant, Queen Kapiolani Hotel](#)

2:00 - 5:00 Afternoon tour

Evening free (dinner on own)

## **24 May, Friday**

8:00 Transfer to Unity

8:15 Breakfast at Cafe Morey's

9:30 – 12:30 Educational Program Unity of Diamond Head

Afternoon free (lunch on own)

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

## **25 May, Saturday**

Breakfast with Voucher

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**

7:30 - 9:00 Breakfast with Voucher

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

11:00 "Aloha Sunday" Church Service

Hosted Lunch at Unity

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

Free Afternoon

Dinner on own

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

Meet the film's creator and director: Anthony Aalto

## **27 May, Monday**

8:00 Transfer to Unity

8:15 Breakfast at Cafe Morey's

9:30 – 12:30 Educational Program/ Unity of Diamond Head

Lunch served in meeting room, prepare floating lanterns

1:30 - 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 (no host) to be determined.

## **28 May Tuesday**

Check-out/departures

## **SPIRITUAL ENRICHMENT WORKSHOPS**

**(Please note – These are not SEE classes, thus 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**

We suggest looking into airfare before registering for this event so that you are assured that seats are available. You will be flying into Honolulu International airport on the island of Oahu. Airport code is HNL.

## **CONFIRMATION**

This retreat is confirmed to take place. Our cancellation policy states that there are no cancellation refunds after April 15th. We advise obtaining travel insurance in case of any last minute cancellations due to medical emergencies or otherwise.

## **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 after April 15th.

If you wish to have a room on your own, the supplement for a single room is \$700.

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)**