

All Love Healing Meditation Weekend

Dive into the truth of who you are by letting go of the old pain, and awaken to your inner light and love during this 3 day and one night transformational heart opening All Love spiritual healing journey. Join us in this deep and powerful loving space guided by Karuna Joy.

All Love is a powerful, yet gentle, profoundly loving, spiritual healing energy, that reunites us with our spiritual essence, as it invites deep healing in on all levels of our being: physical, mental, emotional, and spiritual.

During this All Love Journey, become in touch with deeply buried feelings, release them, and move out of self-created drama into an expanded view. Allow your spiritual light to deeply touch you, and freedom, forgiveness, compassion, light, love, and deep gratitude to fill you. This weekend is an experiential workshop where there will be various opportunities to strongly connect with this universal loving spiritual energy through guided visualization, meditation, sound, and movement.

"The All-Love weekend with Karuna Joy was amazing. Karuna is such an incredible healer and intuitive. She creates such a safe place for healing and letting go. Each day I experienced a clearing and felt lighter. I have experienced a lot of healing modalities and the All-Love was quite powerful. It was an incredible experience that I highly recommend."

- Debbie, Ashburn, Va. attendee from All Love Weekend in Reston, VA.

What: Weekend Meditation Retreat with All Love Spiritual Healing Energy
All Love is a heart opening spiritual healing energy that restores us to wholeness on all levels- physical, mental, emotional, and spiritual.

When: Thursday, December 1, 6-9pm, Introduction
Friday, December 2nd, 10-6 PM
Saturday December 3rd, 10-6 PM
Sunday, December 4th, 10-6 PM

Come for the introduction, 1, 2, or 3 days. The full three days and night introduction supports a profoundly deep experience.

* Scholarships available, and postdated check payment plans *

Location: Mana Hale, Hawi, Big Island, Hawai'i

Cost: Thursday Introduction only: \$40 (Thursday free if paying in full for the whole event)
Friday only: \$180

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Friday and Saturday: \$300

Whole weekend: \$388

Returning Weekend Students- \$366

* scholarships are available

Contact Karuna Joy at (703)-472-3481

Or email: KarunaJoy1@gmail.com

For more information, visit:

RestonReikiandSelfHealingArts.com

Additional Information: Lunch catering is provided upon request and per an additional fee. To learn more, contact, host, Amy J. at amy@manna-healing.com

LOCATION: Hawi, Big Island, Hawai'i, the birthplace of King Kamehameha, the king of Hawai'i, is heralded by Hawaiians and locals as one of the most sacred sites of the Hawaii island chain. It is located on the northwestern tip of the island.

Hawi, meaning a breath of sweet air, is the main site. Class will be held on Amy J.'s macadamia nut farm and Mana Hale- an outdoor classroom retreat space in the orchard itself. This location is situated along the northern side of the Kohala Volcano mountain range, where you will be able to enjoy daily views of Maui in the horizon, 2 acres of organic macadamia nut groves for relaxing strolls and meditations, organic homegrown produce and homegrown treats while exploring this wonderful modality.

Big Island, Hawaii has five volcanoes (Mauna Kea, Kohala, Hualalai, Mauna Loa, and Kilauea-currently active); the youngest of the island chain, and because of the volcanic activity, we have 7 climate zones: snow, desert, rain forest, temperate forest etc... Class is held on the dry but windier side of the island. Rain is not uncommon at night in some parts of the island; and if you are staying in higher elevation, temperatures can drop to around 40 degrees in some parts of the island. Temperatures during the day range between 65-80 degrees Fahrenheit each day, depending upon where you are; if you intend on exploring other parts of the island, pack accordingly. Our class will have a daily temperature of about 75 degrees fahrenheit; however, because it is the "winter" season, please bring socks, blankets, yoga mat, and other materials to insure you are comfortable, and warm during the retreat. Blankets and yoga mats are available.

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Travel: Book flights to Kailua- Kona, Big Island Hawai'i (Airport code: KOA). You may also fly into Hilo; however, be aware that Hilo is about 2.5 hours from the class location.

Hawi is approximately 45 min-1 hour north of Kailua-Kona Airport on Highway. We recommend that you book your flights to arrive at least one day before the beginning of class in order to adjust to the climate and time-change.

We recommend that you rent a car while on the island, as travel to class will require a car or carpool. We are happy to coordinate carpooling between students; should any student wish to carpool, please let us know, and we can connect you.

Should you wish to travel by bus to Hawi, Hele-on is the cross-island bus service; however be aware that the Big Island is about 80% the size of Connecticut, with far less public transport. Please plan accordingly.

Accommodation: We recommend that you stay in Northern Kohala: in Hawi Town or Kapa-au, the next town over, near the beautiful Pololu Valley. We recommend: www.airbnb.com or www.vrbo.com; always negotiate with them. People are generally happy to negotiate prices, if you are planning to stay on island for an extended length of time.

Additionally, check out the Kohala Village Inn, a lovely local inn, about 2 miles from our class site. http://www.tripadvisor.com/Hotel_Review-g60582-d113125-Reviews-Kohala_Village_Inn-Hawi_Island_of_Hawaii_Hawaii.html

You are also welcome to book at other hotels along the Southern Kohala coast (north of Kona); please be mindful of commute time, and should you have any questions, please direct them to Amy J.