

# Energetic Well Being Process Workshop

Energetic Well Being Process is an amazing, highly accessible energy healing process that simply clears the root causes of our symptoms on all levels. We learn how to live our lives with peace and joy, without the drama and reaction. EWBP is a highly effective energy healing perspective that arose out of a perspective of traditional Chinese Energy Healing. Join our Essentials Workshop, and find out how easy it is for us to return again, and again, to our natural state, of kindness, wellness, freedom, vitality, joy, peace, love, and clarity. The Energetic Well Being Process strongly supports ourselves, loved ones, friends, and clients, on our collective healing journey.

## Schedule and Cost

Friday December 9, Saturday December 10, Sunday December 11,  
10:00am- 6:00pm  
Hawi, Big Island, Hawai'i

Cost- \$495

\$445 for early registration, paid 1 month in advance

\*Returning students pay \$295. Deepen your understanding, skills, and receive the amazing clearings!

\*\*Postdated check payment plans accepted, and scholarships available

Contact Karuna Joy at (703)-472-3481  
Or email: [KarunaJoy1@gmail.com](mailto:KarunaJoy1@gmail.com)

[RestonReikiandSelfHealingArts.com](http://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](mailto: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.

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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.

**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.

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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](http://www.airbnb.com) or [www.vrbo.com](http://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](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.