HAWAII WELLNESS RETREAT / THE BIG ISLAND

# The Experience Collection

THIRTY WAYS TO RESTORE, EXPLORE & CONNECT

A thoughtfully curated menu of private rituals, immersive retreats, creative journeys and island discovery. Every experience begins with a conversation and is tailored to your stay.

ENQUIRE WITH OUR CONCIERGE

hawaiiwellnessretreats.com · +1 323 765 1286

# RESTORE

## 01 Sleep & Circadian Reset

Gentle movement, calming evenings, guided relaxation and a personalized sleep-friendly itinerary.

3–5 nights | Private

## 06 Longevity & Recovery Intensive

Personalized movement and recovery-focused activities with available sauna and hydrotherapy amenities.

3–5 nights | Private / Group

## 10 Premium Wellness Day Experience

A curated day of peaceful grounds access and scheduled wellness activities, subject to availability.

Half / full day | Private

## 11 Trauma-Informed Breathwork Weekend

Gentle, choice-led breathwork and grounding with appropriately qualified facilitators.

2–3 nights | Group

## 12 Sound & Deep Relaxation

Sound meditation, deep rest and mindful reflection in a natural setting.

60–120 min | Private / Group

## 21 Biohacking Office Hours

Educational technology demonstrations and practical conversations about personal wellness routines.

60–90 min | Private

## 24 Private Hydrotherapy Circuit

Reserved sauna, hot tub and cold-plunge experience with a guided wellness orientation.

90 min | Private

# CONNECT

### 02 Couples Reconnection

A romantic retreat with partner practices, a private chef evening and curated shared experiences.

3–4 nights | Private

### 22 Family Wellness Week

Shared nature experiences with age-appropriate parallel activities for children and adults.

5–7 nights | Private / Group

## GATHER

### 03 Visiting Teacher Intensives

Immersive retreats hosted by visiting wellness teachers, authors and expert facilitators.

4–7 nights | Group

### 26 Local Wellness Membership

A limited-capacity local community program with selected classes and experiences.

Monthly | Membership

### 28 Corporate Leadership Off-Site

An intimate setting for strategic sessions, facilitated connection and team restoration.

2–5 nights | Private group

## EXPLORE

### 04 Forest & Waterfall Immersion

Guided sensory walks through the grounds, nature reflection and a seasonal waterfall experience.

Half day | Private / Group

### 09 Adventure & Recovery

Guided island adventure followed by slower restorative experiences back at the retreat.

3–5 nights | Private / Group

### 13 Hawaiian Cultural Immersion

Locally led learning and cultural arts experiences designed with and compensated to practitioners.

Half / full day | Private / Group

### 14 Moonlight Meditation & Stargazing

Guided nighttime meditation and astronomy-inspired reflection under island skies.

Evening | Private / Group

### 16 Ocean Mindfulness Journey

A guided coastal visit blending sensory awareness, nature observation and mindful movement.

Half day | Private / Group

### 30 VIP Island Journey

A concierge-led itinerary pairing HWR with vetted island stays and guided adventures.

5–10 nights | Private

## MOVE

### 05 Sunrise Yoga & Breathwork

A gentle sunrise practice on the ocean-view deck with mindful movement and guided breathing.

60–90 min | Private / Group

### 27 Dance & Embodied Movement

Expressive movement, dance and music-led activities taught by visiting instructors.

2–4 nights | Group

## NOURISH

### 07 Garden-to-Table Culinary Retreat

Hands-on cooking, locally sourced ingredients, botanical discovery and shared dining.

3–4 nights | Group

### 17 Plant-Forward Culinary Wellness

Flavorful plant-forward meals, cooking education and supportive daily wellness rituals.

4–6 nights | Group

### 25 Regenerative Garden Weekend

Hands-on garden learning, composting and local sustainability education.

2–3 nights | Group

## CREATE

### 08 Creative Residency

Dedicated time and inspiring spaces for writers, painters and other creative practitioners.

4–7 nights | Private / Group

### 18 Journaling & Memoir Intensive

Guided writing sessions, storytelling prompts and uninterrupted creative time.

3–5 nights | Group

### 20 Eco-Photography Residency

Nature-focused photo instruction, sunrise shoots and responsible visual storytelling.

3–5 nights | Group

### 23 Artist Workshops & Gallery Evenings

Artist-led classes paired with intimate exhibits and cultural gatherings.

Half / full day | Group

## REFLECT

### 15 Astrology & Life Purpose Retreat

Optional symbolic reflection and purpose-setting workshops framed as personal exploration.

2–4 nights | Private

## 19 Executive Silent Retreat

A discreet self-guided stay with optional concierge support and technology-free intervals.

2–4 nights | Private

## 29 Grief & Life Transition Retreat

Compassionate reflection and supportive programming with properly credentialed counselors.

3–5 nights | Private / Group

# A PERSONAL INVITATION

Ask our team to curate a private experience, a multi-day retreat, or a complete group itinerary. Experiences shown are concepts offered by inquiry; scheduling, provider availability, conditions, permits and pricing must be confirmed. Seasonal waterfall access is not guaranteed. Wellness experiences are not substitutes for medical care.

WhatsApp concierge: +1 323 765 1286 | https://wa.me/13237651286