

December 10-11, 2011

Waipi'o Valley Poetry & Nature Adventure

Waipi'o Valley is located along the Hamakua Coast on the northeastern coast of the Big Island of Hawai'i. It is the largest and southernmost of the seven valleys on the windward side of the Kohala Mountains. Our adventure takes you to the bottom of the valley, in a 4WD vehicle, where you will discover a beautiful black sand beach, traditional agriculture (taro), and much more.

Dramatic cliffs reach almost 2000 feet and feature the most magnificent and highest waterfalls on the island: Hi'ilawe and Hakalaoa. The valley is often referred to as the "Valley of the Kings" because it once was the home to the rulers of Hawai'i. On this ten hour adventure, you'll sight-see and write poems in response to how the valley is speaking to you. Return after a beautiful day in nature and soak in one of Kalani's hot tubs.

Cost for post-workshop Waipi'o Valley Poetry & Nature Adventure: DECEMBER 10-11

Camping: \$225

Lodge – double/shared bath: \$260

Lodge double/private bath: \$285

Lodge single/shared bath: \$295

Lodge single/private bath: \$325

Bungalow double - \$290

Bungalow single - \$335

Tree House double - \$325

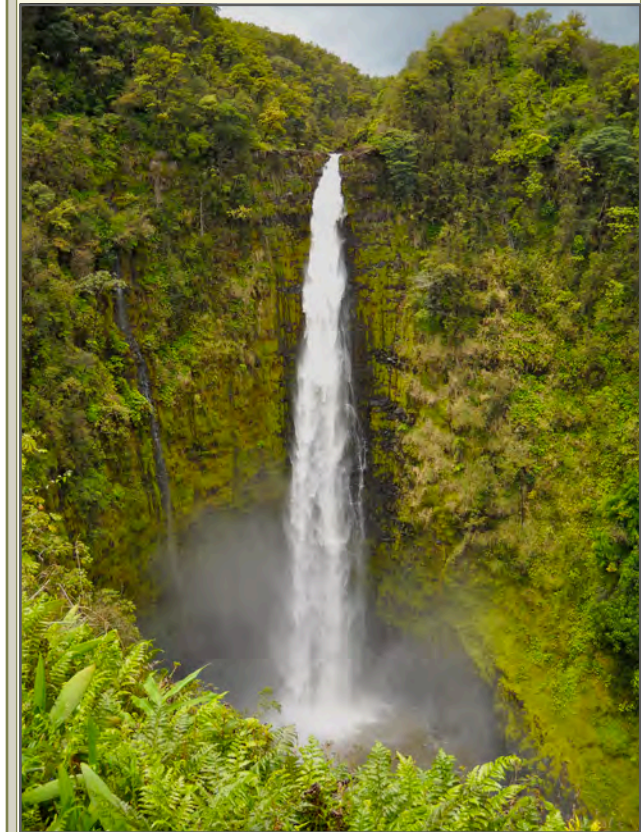


Ray McGinnis is a poet and workshop facilitator. Since 1999 he has taught over 700 workshops in settings across North America. He has had poetry published in a variety of chapbooks and journals. A member of the Writers Union of Canada, Ray is also a member of the Advisory Board of The Institute For Poetic Medicine, based in Mountain View, California. Ray has hiked extensively across North America and enjoys leading poetry and nature adventure retreats. He also teaches journal writing workshops in health care settings. Ray has been interviewed on the CBC, and numbers of local newspapers including in Eureka, (California) Bismarck, (North Dakota) and Charlotte, (North Carolina). He enjoys creating community and a spacious setting for people to gather and rediscover how to express their own truth and authentic voice through writing. Ray lives in Vancouver, Canada

Contact Ray McGinnis to request registration form: Phone: (604) 408-4457
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website: www.writetotheheart.com

POETRY

ON THE BIG ISLAND



❖ A NATURE ADVENTURE &

POETRY WORKSHOP ❖
December 5 - 10, 2011

And Waipi'o Valley Poetry & Nature
Adventure: December 10-11, 2011

with poet & author Ray McGinnis

December 5 - 10, 2011 | Poetry & Nature Adventure



Poetry is just the evidence of life. If your life is burning well, poetry is just the ash.
~Leonard Cohen

I don't create poetry, I create myself, for me my poems are a way to me. ~Edith Södergran

Kalani means "Harmony of Heaven and Earth." For more information about Kalani Oceanside Retreat visit:
www.kalani.com

Everyone is creative and has something important to express. As creativity is inherent in playing, you'll be invited to play with words and explore different ways of accessing the poet within. Come and encounter poetry as a pathway to return your most human self. At this retreat you'll explore how poetry can be a catalyst, a lure, for giving expression to your own voice, honoring your feelings, experience and longing.

You'll discover how taking time to write a poem can be a way of taking time for yourself. Together with other nature adventurers, you'll be invited to pay attention to how poetry offers a way to integrate perspectives, wisdom and language dwelling within you that might go unexpressed if you didn't take the time to write. At this retreat you'll be offered a splendid range of poetry and writing exercises to access poetry as a way to nourish your spirit, and encounter the landscape of the Big Island to prompt your writing. You'll encounter the power of lava to shape the land. You'll visit ocean shores and tide pools with their splendid sea creatures, flora and fauna. You'll ponder the trail of ancient volcanic eruptions and walk on some of the newest land on earth. You'll listen to the sounds of nature and enjoy the lush tropical vegetation and write down what the Big Island teaches you, as it offers similes and metaphors for life. Each day you'll have adventures in nature, breathe in experience and breathe out poetry.

This retreat is for anyone who is curious to explore and express themselves through poem-making. You do not need to be "a writer" or have any previous writing experience. Our easy to moderate nature adventures will be taken at an easy pace to encompass a range of fitness levels. Each day will include several poetry sessions, including one that will be woven into a nature adventure experience.

Kalani also offers an extensive range of body and energy work, including yoga and massage sessions, for you to pamper yourself with during free time. Relax, let go and feel the healing, loving spirit of Hawaii and the Big Island



Included in this 5-day big island retreat are: daily poetry sessions, 4 nature adventure excursions, 3 delicious buffet daily [meals](#) and use of Kalani's [facilities](#) including Olympic size pool, sauna and 2 hot tubs. Registration requires \$250 non-refundable deposit. Register before July 1, 2011 for \$95 discount. Final payments are due November 5, 2011.

PRICES:

Camping: \$795

Lodge - Double/Shared Bath: \$925

Lodge - Double/Private Bath: \$995

Lodge - Single/Shared Bath: \$1,095

Lodge - Single/Private Bath: \$1,255

Bungalow - Double: \$1,075

Bungalow - Single: \$1,295

Tree House Unit - Double: \$1,255

*** Airfare, car rental and incidental ground travel expenses are not included in the price of this retreat. If you decide to arrive early or stay longer, you will need to make your own lodging arrangements at the place of your choice with the staff at Kalani. | CANCELLATION POLICY: All cancellations include a \$30 fee.