

Who Am I on Molokai?

What does it mean to live an authentic life with awareness? – Change the world by being yourself. This is an experiential workshop bringing together-body-mind-spirit-world!

October 14th – 21th, 2017

Guided BY Elisabeth Lentz

After guiding 2 Meditative Hikes in the Bavarian Alps, using walking the path to teach mindfulness and awareness, I found myself looking for a supporting and quiet place, where I could share what I had learned on my journeys, in my courses and classes. And as it often happens, I found that place in the form of 2 women, walking into our driveway in Park City. One was interested in buying my son's used car and the other was interested and curious about my work. Long story short, Bronwyn and Rik own the Retreat Center in Molokai and invited me to teach a workshop. Something told me, this is an opportunity, so I visited and knew this is the place which is supporting the work of getting to know yourself on many levels. You'll understand if you join me.

With this in mind, I would like to share with you a little about why I believe so whole heartedly in retreats—and why I find that the Hui Ho'olana ("the Hui") in particular offers an unusual opportunity to learn at a deeper level.

- **Retreats provide essential ingredients for our vitality.** Our fast-paced, doing, result-driven culture is not built to allow for slowing down, for subtle and sensitive seeing, listening and sensing ourselves. On contrary it prevents us from getting in touch with our wisdom body. I've learned these ingredients are essential to human vitality. Retreats provide the space and support to explore subtle intuition; in meditation and mindful movement, we listen deeply to our bodies and hearts. I've found that the island of Molokai – the mother of the Hawaiian islands - seems to support this gentle exploration of ourselves—and restores the sense of vitality our culture and life-style tends to drain. The intention is to rest, restore and learn playfully, curiously what it is we still wants to be lived through us and learned in this lifetime and return to our mainland lives with the core of our being awakened, energized, and strengthened.
- **Retreats are not vacations.** Like vacations, retreats do provide a chance to step away from the day to day activities of your life—but they also reveal, challenge, and shake loose our daily thought and movement patterns. In the absence of our old routines and ways of thinking, space seems to open up for growth. I've experienced this myself, and seen it happen in those who have joined me on my journey—in fact, the joy of watching this change in others is in fact a large reason I continue to teach and create new opportunities to connect with your true-self intimately.
- **Retreats at the Hui are gentle and nurturing.** Rev. Lehua Mokuilima, a local Kahuna gave the organization its name saying, ho'olana is a word of hope and inspiration, "the type of inspiration that floats up from within the heart". It means "to encourage, to float, to bring back into balance - as in righting a canoe; and to comfort those who are mourning." We hope to live up to her blessing.
- **When I visited, I found a** friendly, supportive community of people supporting each other—whether it's giving you the space you need, listening ears, or a reason to laugh? Attention to beautifully prepared healthy meals, which nourish soul and body. Tall trees providing shade, red earth under your feet, and an expanse of blue ocean in the distance with rainbows and sunsets? In my experience, Molokai has a strange way of expanding our inner worlds while gently holding us close. We are able to more deeply explore those inner worlds because we are doing so in an environment in which we feel safe, cared for, and validated.

I'm excited to facilitate this retreat with the support of a dear friend and colleague, Rona Yellow Robe. Rona is Native American award winning flute player which will support us with healing sounds and stories. I will bring all my expertise in Yoga, Yoga Therapy, Chakra Psychology, Counseling and Mindful Movement, Focusing and Meditation as a well-rounded offering, which has a direction to get to know your true nature and is flexible enough to respond to the needs of all participants as individuals and in a group.

We are all called to retreat at different times in our life. If this retreat speaks to you, I invite you to listen.

For anyone who wishes to sign up immediately, please email Elisabeth@Restorebalancetoday.com, 435-640-4885

