



Tahitian Adventure & Yoga Retreat

NOVEMBER 7-14, 2020

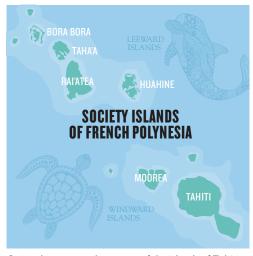
We've put together your perfect week of both "Land and Sea."

TREAT YOURSELF TO THE ULTIMATE WEEK OF RELAXATION AND ADVENTURE THROUGH THE ISLANDS OF TAHIT!

The first 3 nights/4 days of the retreat will be spent at a small, intimate hotel set on a white sand beach on the stunning island of Huahine. We will spend our days exploring the island, taking in the history, culture, and splendor that this island has to offer. Daily yoga (for all levels), relaxation, delicious meals, white sand beaches, and unique Polynesian cultural experiences are at your fingertips.

On the fourth day of our retreat, we will take a quick (15 minute) flight to the neighboring island of Raiatea. Here, you will board your very own luxury catamaran for the next half of our adventure through paradise! Cruising the warm, calm, peaceful lagoon waters, you will see the islands of Tahiti from a unique, life changing perspective. Our days will be spent exploring the islands of Raiatea and Tahaa (sister islands). By catamaran, on the brilliantly blue colored waters, you will have the opportunity to see and experience places few are able to reach. Snorkeling, swimming, paddle boarding, kayaking or simply relaxing onboard. This is your time to be as relaxed or active as your choose. We will have daily yoga, private beaches, Polynesian cultural experiences and drop-dead gorgeous views for you to take part in each day.

This retreat is perfect for all ages and activity level, and relaxation experience! Come alone or bring a friend. The islands of Tahiti are a must see/must experience for everyone! Cross Tahiti off your bucket list the best way possible, with Te Mana Travels.



Cruise the warm, calm waters of the islands of Tahiti.



Your hotel "Maitai Lapita Village Huahine" is paradise.



What's included in your 8 days/7 nights yoga retreat:

"LAND"

- 3 nights/4 days lodging at the Hotel Maitai Lapita Village Huahine (huahine.hotelmaitai.com). Rate based on a shared Garden Bungalow (2 persons).
 Private and or triple accommodations are available.
- Meals: 3 group breakfasts, 3 group dinners
- 2 private group excursions exploring the island of Huahine, both by land and sea.
 This involves snorkeling, private beaches, hiking and stops at the islands most important historical sites.
- Daily yoga for all levels (beginner through advanced)
- All airport transfers and ground transportation.
- Price does not include International and inter-island airfare.

"SEA"

- 4 nights/5 days on a private luxury catamaran exploring the beautiful neighboring islands of Raiatea and Tahaa. Rates based on private or double occupancy cabins.
 All cabins equipped with private restrooms.
- All meals and group excursions are included. Alcohol not included in price.
- Privately crewed with a captain, and hostess (chef) and guide
- Private daily guided snorkeling excursions, private island yoga, fun Tahitian dance instruction, and unique Polynesian cultural exchanges and adventures through both islands.



Feature Teacher: Angie DiCiccio

Te Mana Travels is proud to welcome Angie DiCiccio "onboard" for our 2020 fall retreat through the islands of Tahiti. Angie joins her students on the mat, dedicated to help each individual grow and learn by applying the fundamentals of movement and breath. She believes Intelligent sequencing creates a mindful flow of movement, which breaks down stress in the mind and body—this fosters an environment of inspiration and growth. Angie also believes yoga enables and empowers individuals to discover their own personal expressions of love, confidence, freedom and curiosity. Most importantly, she believes the power of a smile, inspired through beauty, joy, and an appreciation of personal balance, underscores a lifetime of enlightenment and presence.