

Retreat Frequently Asked Questions

~ What airport do you recommend leaving from? We recommend leaving from Chicago with more connections and lower flight prices.

~ What day do I need to arrive for the retreat? Plan to arrive on Saturday, November 4th, 2023. The retreat will begin with a gentle yoga practice on the beach and a gathering at the resort's Crooked Surf that evening.

~ Can I share a rental car with multiple yogis? Yes, three or four yogis could easily share a vehicle and the price for gas also.

~ Will we be staying at the resort the entire retreat? While the resort is a luxurious and comfortable home base for the retreat, we will be traveling around the island daily. Its location is extra special being situated on a quiet beach and centrally located on the island.

~ Is the resort all-inclusive? The island does not offer all-inclusive resorts. With all the beauty that Kauai has to offer, we will be on the move and enjoying some of our favorite eateries around the island.

~ Can more than two people share a room? Yes, three or four people can share a room with an additional fee of \$30 per person.

~ What time should I plan my departure flight on Saturday, November 11th, 2023? Our retreat activities will wrap up by mid-morning on departure day.

~ What should I pack? We will provide you a list of recommended items to bring.

~ What will the retreat schedule be? We won't provide you with an overly detailed itinerary, but know that you will have plenty of yoga, meditation, adventure, serenity, and inspiration daily. You will receive a "flexible itinerary," but know that we watch and plan around weather conditions on the island. If we planned to head north but it's rainy, then we head south where it's sunny.

~ Will there be an opportunity to meet the other retreat yogis before? Yes, we will have a gathering about a month before we depart.

~ How do I sign up!?! ~ Email lauren@graceunderfireyoga.com. Once we receive your retreat fee of \$895 (checks only), we will share the resort's contact information to reserve your room.

A retreat experience on Kauai is truly magical,
we look forward to you joining us!

Lauren Quella & Sandi Toppins
(Co-founders of Grace Under Fire Yoga)