



Dr. Laurie Moore
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Molokai Schedule

Day 1:

- 7:00-8:00 p.m. Intro Satsang/Open to Public

Day 2:

- **7-9 a.m. Kitchen open for breakfast**
- 11:00 a.m.- 12:30 p.m. GoYa Yoga Satsang
- 12:30 -1:00 p.m. Singing & Chanting or Concert by Laurie Satsang
- **1:00 p.m. Lunch**
- 4:00-4:30 p.m. Communication with All Species Satsang
- 4:30-5:30 p.m. Questions, Answers, Exercises, Talks Satsang
- 5:30-6:00 p.m. Meditation Satsang
- **6:30 p.m. dinner served**

Day 3:

- **7-9 a.m. Kitchen open for breakfast**
- 11:00 a.m.- 12:30 p.m. GoYa Yoga Satsang
- 12:30 -1:00 p.m. Singing & Chanting or Concert by Laurie Satsang
- **1:00 p.m. Lunch**
- 4:00-4:30 p.m. Communication with All Species Satsang
- 4:30-5:30 p.m. Questions, Answers, Exercises, Talks Satsang
- 5:30-6:00 p.m. Meditation Satsang
- **6:30 p.m. dinner served**

Day 4:

- **7-9 a.m. Kitchen open for breakfast**
- 11:00 a.m.- 12:30 p.m. GoYa Yoga Satsang
- 12:30 -1:00 p.m. Singing & Chanting or Concert by Laurie Satsang
- **1:00 p.m. Lunch**
- 4:00-4:30 p.m. Communication with All Species Satsang
- 4:30-5:30 p.m. Questions, Answers, Exercises, Talks Satsang
- 5:30-6:00 p.m. Meditation Satsang
- **6:30 p.m. dinner served**

Day 5:

- **7-9 a.m. Kitchen open for breakfast**
- 11:00 a.m.- 12:30 p.m. GoYa Yoga Satsang
- 12:30 -1:00 p.m. Singing & Chanting or Concert by Laurie Satsang
- **1:00 p.m. Lunch**
- 4:00-4:30 p.m. Communication with All Species Satsang
- 4:30-5:30 p.m. Questions, Answers, Exercises, Talks Satsang
- 5:30-6:00 p.m. Meditation Satsang
- **6:30 p.m. dinner served**

Day 6: Check-out

Check-out time is 10:00 a.m. Please be set to go at 9:30 a.m.

Molokai Directions from Hoolehua Airport to Retreat Center and to two housing locations

<http://uk.youtube.com/user/Molokai17>

Go East down the coastal road approximately 17.5 miles from the main town of Kawaikapu. Turn right at 9658 Kamehameha V Highway. There is a sign marked Hale Kawaihapu. There is an A frame and a house.

Some will be housed at the ocean front retreat center. Others will be housed at the ocean front WaveCrest Resort.

[http://www.molokairesorts.com/condo-wc.php?&neighborhood\[\]=02-Wavecrest](http://www.molokairesorts.com/condo-wc.php?&neighborhood[]=02-Wavecrest)

We will give you your housing and room location based upon availability prior to your seminar

CARS:

You need to have your own car. If you wish to car share in order to cut costs please email info@DrLaurieMoore.com. Type "request for potential car share" in the subject line and one of the staff team will email you. In the email TEXT BOX write the location and dates of the seminar you are attending. We will send a list of other participants so that you can contact them for potential car sharing. People have gotten island cars for as little as \$20.00 and as high as \$109.00 per day so we advise shopping around. Rates go up and down constantly with all of the agencies.

FOOD:

Please email the office with any special food needs (i.e., vegetarian, allergies, etc.) when you sign up for the seminar.

WATER:

We suggest that you pick up lots of bottled water on your way to the seminar and drink 8-12 8 oz. glasses a day.

ROOMS:

There are usually two to a room and bathrooms are shared by several people. If you need an individual room let us know and we can assign you one for an additional fee.

PRIVATE SESSION TIMES:

Dr. Laurie offers daily private sessions during this Satsang Seminar.

To schedule, see Dr. Laurie or a designated assistant during the seminar.

Sessions are \$150/30 minutes and \$175/50 minutes.

Often, Brad Tilden offers sessions during the seminars. Sessions are \$150/one hour. To schedule, see Brad during the seminar.

PLANE TICKETS:

Plane tickets vacillate between \$300-\$1200 round trip so shop around.

Tickets go way up and way down regularly. People have found low prices on Aloha, Expedia, Cheap Tickets, American, and Orbitz. Let us know if you get a good deal and where so we can add it to our list

PLEASE NOTE: We highly recommend that you get travel insurance and shop around for tickets and car rentals in advance!

Terms of Agreement:

All payments on Package Deals with Dr. Laurie Moore are non-refundable after 72 hours past the purchase of the seminar (no exceptions).

Payments on Hawaii and Mexico trips are non-transferable and non-refundable. (No exceptions).

I am 100% responsible for my emotional, physical, mental, and spiritual well being when attending a Hawaii or Mexico seminar. I will not hold any legal action against Dr. Laurie Moore or staff should I hurt myself in any way during my trip. (We have **never** had anyone experience a significant accident on a trip and anticipate the complete well being of all). I will not use illegal substances on a trip.

What to bring:

Clothes for layering. Weather is mostly in the seventies, but occasional sweat pants and jackets are needed. You may like to have a skin suit for the boat and warm close for the boat too. An extra towel is a good idea. Plenty of sunscreen, money and a credit card for extras and non meal days, Bonine for the boat ride are necessary for most (Can be purchased at drug stores). You can rent snorkel gear or bring your own. Bathing suit(s). Consider a hat to protect your scalp from the sun and have some sunscreen lotion and aloe with you. Musical instruments and CDs are welcomed. Some of the inter-island flights have a weight restriction on suitcases so check with your own airline when going on an inter-island flight as part of your traveling. Swimming shoes, flip flops or sandals, casual wear, yoga clothes, and if you like to dress up: dresses and nice shirts. Other than that, whatever is regular for you during a summer week is what you will need.

What else to know:

Dearest Participants:

It is my profound joy to welcome you on this retreat, heart to heart, soul to soul, personalities shared to celebrate and cherish.

While it is your own decision to make, I invite you to go inside your heart throughout the retreat. Allowing this precious time for inner inquiry, will take you into a priceless deepening into yourself. This will allow you to use retreat time to go deep within. This is a life opportunity to awaken and surrender into new regions of your own consciousness, which is the universal love.

In Great Gratitude,
Dr. Laurie