

Booking & Pricing

Accommodations, organic, fresh-cooked meals, and yoga are included in the retreat. Here at the North Shore Wellness Retreat we encourage a retreat schedule and environment that allows ample downtime for you to take in the serenity of the estate and the beautiful beaches of the North Shore. Find peace in writing, reading, beach walks, and taking time out for you. However, if desire outdoor activities or restorative treatments it is all available for you upon request. You may add activities and spa treatments prior to, or during your stay. For an exclusive retreat experience, we only permit ten people to stay overnight at the estate. Reservations are on a first come first serve availability. Customize your retreat by choosing from these options:

DAY RETREAT

Meals and Yoga and access to the estate grounds and treatment facilities
Daily Rate: \$100 per person

SINGLE RETREAT

Accommodations, meals, and yoga
Daily/Nightly Rate: \$245 per person (3 Night Min)

COUPLES RETREAT

Accommodations, meals, and yoga
Daily/Nightly Rate: \$400 per couple (3 Night Min)

COUNTRY CAMPING

Tents provided for sleeping under the stars, meals, and yoga
Daily/Nightly Rate: \$200 per person (3 Night Min)
*Bring your own sleeping gear

MIXED PLATE SPECIALS FOR GROUPS OR CORPORATE RETREATS (6-8 people)

#1 Accommodations, meals, and yoga.
Daily/Nightly Rate: \$230 per person
One-week Rate: \$1,610 per person
Weekly Group Rate: \$9,660 (6 people)

#2 Accommodations, meals, and yoga, plus one treatment from spa menu.

Daily/Nightly Rate: \$245 per person
One-week Rate: \$1,715 per person
Weekly Group Rate: \$10,290 (6 people)

#3 Accommodations, meals, and yoga, plus one treatment from spa menu, and your choice of private surf or SUP adventure (for all skill levels) with Rochelle Ballard and Hawaiian surf legend, Buttons Kaluhiokalani.

Daily/Nightly Rate: \$260 per person
One-week Rate: \$1,820 per person
Weekly Group Rate: \$10,920 (6 people)

If you are recovering from an injury or rehabilitating, and wish to receive multiple treatments, a package can be put together with discounted treatment costs to suit your needs.

*Tax, maintenance and service fees included in prices.

Always feel free to call or email us to customize retreats specifically for your needs!

Additional Options

FOR YOUR VISIT

- Therapeutic Massage
- Skin care
- Yoga
- Reiki
- Snorkeling...and more!
- Acupuncture
- Surfing
- SUP
- Hiking
- Horseback riding

CUSTOMIZE YOUR OWN RETREAT

Private, Corporate, and group packages available and recommended

INQUIRE FOR EXTENDED STAYS

808.638.8137

Visit our website, or email: retreat@surfintoyoga.com

Surf INTO YOGA
with Rochelle Ballard

Renew your soul | Replenish the heart | Restore your body

www.surfintoyoga.com



RENEW YOUR SOUL

About the North Shore

ISLAND VIBE

The North Shore of O'ahu is a magical place steeped in Hawaiian and surf culture. Sunset Beach, originally known as Paumalu by ancient Hawaiians, means "taken by surprise." The mythologies behind this name will emerge during retreats as guests enjoy authentic Hawaiian culture, surf and swim at the most beautiful beaches in the world, practice yoga, enjoy massage, skin treatments, and other wellness activities, enjoy organic, local foods, and renew the spirit in a sacred paradise. Celebrate the artistry and unique culture with guest musicians, dancing, and sustainable farming. The retreat is a place of healing, learning, and attaining awareness through the Aloha Spirit.

-Enjoy and Aloha Rochelle

Who We Are

FACILITATORS OF WELLNESS

Rochelle is one of the most influential female surfers of our time. Paving the way for young women to chase their dreams at a young age, and arguably the best female tube rider in the world, she has been a pioneer to the progression of women's surfing since her youth. Her mastery of big waves and decorated professional career rank her among surfing's most elite. After 17 years on the Association of Surfing Professional's (ASP) World Championship Tour, Rochelle is now sharing surf, yoga, wellness, and Hawaiian culture with those who visit her Paumalu Estate. Rochelle has been practicing yoga and been a licensed massage therapist since she was 19. Her unique yoga and massage therapy has evolved from her career as a professional athlete, so it is accessible and healing for beginners and advanced yogis alike.

She recently developed SURF INTO YOGA, a company dedicated to the pursuit of yoga and wellness, the lifestyle of which is accessible through staying at the North Shore Wellness Retreat. Rochelle has recruited the best facilitators from the islands and abroad to bring you a dynamic retreat experience.

YogAlign

Yogalign is a new technique originating from Hatha Yoga, using deep breathing techniques through the diaphragm, activating the breathing muscles, lengthening the fascia lines, through a structural movement Vinyasa flow. Using PNF resistance stretching to strengthen the muscles, joints, and ligaments, it releases toxins and changes old patterns in the body. Along with some self-massage, restorative and balancing poses to create new patterns with structural dynamic movement, renewing and restoring the body, mind, and spirit.

The benefits YOGA BENEFITS

Sympathetic (fight or flight) Nervous System dominates Slow dynamic and static movements Normalization of muscle tone Low risk of injuring muscles and ligaments Energizing (breathing is natural or controlled) Balanced activity of opposing muscle groups Noncompetitive, process-oriented Awareness is internal (focus is on breath and the infinite) Limitless possibilities for growth in self-awareness.

EXERCISE BENEFITS

Sympathetic Nervous System dominates Cortical regions of brain dominate Rapid forceful movements Increased muscle tension Higher risk of injury Moderate to high caloric consumption. Effort is maximized, Fatiguing (breathing is taxed), Imbalance activity of opposing groups, Competitive, goal-oriented, Awareness is external (focus is on reaching the toes, reaching the finish line, etc.) Boredom factor

COMMUNITY IS A PLACE OF COMING TOGETHER

in a local society, politics, and economics. But it is also people with a common interest. We travel the world see and experience things that open our eyes make us really appreciate all of the abundance and beauty of nature and life as well as famine, growth, and waist in this world. It's the yin and the yang of life.

We find ourselves being drawn back to certain communities enjoying friends, good times, sharing culture differences and similarities. Around the world there are people with the common interest of passion for conscious living and life with purpose. It is sharing our own local community and culture with each other no matter where you are or where you come from. Surfing is a unique and inspiring way to share with people and culture around the world. Some people think we are dancing in on the ocean.

PSYCHOLOGICAL BENEFITS OF YOGA

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and Depression decrease
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves
- Social skills increases
- Well-being increases
- Attention improves

Yoga means TO UNITE

YOGA is the ability to focus the mind towards a given object. ASANA means posture. VINYASA means to flow from one ASANA to the other, PRANYAMA is your breathe, this unites the posture and the flow to create a dance of balance, strength, and flexibility...

BANDHA'S are the breathe locks that allow you to channel your breathe and blood flow to a cellular level pumping blood through your arteries and veins, balancing the nervous system and opening the energy that allows you to flow through your poses with ease.