

## *Wellness Retreats*

*Hanalei Day Spa and the Ayurveda Center of Hawaii, at the Hanalei Colony Resort, Kauai*

Dear Prospective Participants and Friends,

**ALOHA and welcome to our wellness retreats** on the beautiful north shore of Kauai hosted by **Darci Frankel and the Hanalei Day Spa and Ayurveda Center of Hawaii staff**. In this informational letter and retreat application, we will answer most of the questions you have regarding the retreat. Darci and her staff wish to make this healing retreat a truly memorable opportunity for you to experience the changes you require to lead a life of optimal health and balance. We do our best to create an intimate environment for you to experience individualized attention and care on your journey toward integration and balance. Since our retreats are scheduled on a first come first served basis and to take advantage of this truly remarkable wellness vacation of healing and rejuvenation, we encourage you to register and to send your deposit as soon as possible to guarantee your spot in our unique healing retreats.

### **Mission Statement:**

It is our passion to support all people to rejuvenate, heal, and transform. By incorporating the ancient Indian rejuvenating practices and therapeutic benefits Ayurveda, Pancha Karma and Yoga, we aim at a transformative experience that touches the body, mind and soul. No prior experience in Pancha Karma, Yoga or Ayurveda is required. All you need to have is a willingness to create change in your life on a physical, mental, and emotional level. All retreats are open to people of all backgrounds, ages, body-types, levels of practice, and lifestyles. With the expertise of your facilitator, Darci Frankel, a committed teacher and healer, along with her staff, you are certain to experience profound shifts that would be unlikely amid the distractions of your busy life. Our objective is for you to implement these life-changing tools back home into your daily life to facilitate your soul's journey toward integration and alignment allowing you to live from a space of freedom and abundance according to your soul's true desires.

### **Overview:**

We know, over the many years of seeing our clients that many of you are eager for a new way to live more healthily. Many of you truly desire to lead a healthy lifestyle and have the genuine intention to manifest change and transformation in all areas of your life but feel overwhelmed. Today's modern life is full of demands, stress, which often result in unhealthy choices that take their toll on the body. By using the time-tested **7,000 year-old Vedic sciences of Ayurveda, Yoga, and Vedic Astrology** along with meditation, massage, healing foods, and communing with nature, our retreats have been designed for all of you who are committed to your life-long goals of healing the body, mind, and soul.

### **About Your Facilitator:**

[Darci Frankel](#) has an extensive background in the healing arts, using her skills to help people to become healthier, live healthier lifestyles and eliminate pain and the root causes of disease. She is certified in the ancient healing science of India, [Ayurveda](#), through the Ayurvedic Institute in New Mexico and has been practicing since 1993. In addition to her expertise in Ayurveda and yoga, Darci has been a Licensed Massage Therapist since 1992. She actually began her massage career by learning about acupressure/trigger points at the age of 13. Since then she has worked with such notable clients as Gloria Estefan, John Oats, Mickey Rourke, Pierce Brosnan and Deepak Chopra. Darci is committed to growth and development and therefore guides you toward your highest potential with great compassion.

### **Description of the retreat:**

We have several retreats for you to choose from. Our classic **Pancha Karma cleansing and rejuvenation Retreat** which offers consecutive days of treatment along with at home preparatory measures, our **Renewal Retreat**, **Weight Loss Retreat** and **Ayurveda Massage Retreat**. Healing retreats are an intentional departure from everyday doing, responsibilities and environment. It is a vacation where you don't need a vacation from it when you return home; in fact it is a time to catch up with yourself, emotionally, mentally and physically. It is a time of solitude, rest meditation, reading and going deeper into your self. For most people this is a new experience or something they have not allowed themselves this in a long time if ever. It is a well-needed break from society, the barrage of advertising, a rest for the digestion system, in a clean, healthy environment. We humbly request and strongly encourage your understanding with this and give yourself the time to really dive in, enjoy the food, the treatments, yoga, enjoy your unfolding process, meeting any potential inner resistances with an open mind and heart.

### **What Makes Our Retreats A Unique Experience?**

1. **Stunning, beachfront accommodations** by the world-famous Tunnels Beach at the **Hanalei Colony Resort**. Rooms are based on a double-occupancy rate. It's impossible to describe the beauty of the location in words. \* **The Healing Retreat is a wonderful opportunity when shared with a loved one. We encourage you to consider inviting a partner, spouse, friend, or family member to join you for the week.** [See website for more retreat options](#) or visit the accommodation's website at [www.hcr.com](http://www.hcr.com)
2. Your Facilitator, [Darci Frankel](#) brings her unique skills, years of experience and expertly trained staff together giving you a one of a kind, memorable healing wellness retreat.
3. ayurveda, is a seven thousand year old tried and true science of healing, these are only 3 reasons there are [more](#).

*Hanalei Day Spa & The Ayurveda Center of Hawaii  
Registration Application*

\*Please note: Registration application needs to be accepted before you make your travel arrangements. Your dates are not secure until deposit is received. Deposit WILL BE REFUNDED to you if your application is not accepted at this time.

Please complete this form and send it in with:

- 1. Deposit (50% of total cost)
- 2. Two current photos; close up of face and clothed full body.

**Please complete this form to the best of your knowledge.**

Full Name:

Birth data: / / time : (Accuracy is important here, for Vedic astrology)

Location: (city/state) where you were born

Home Address:

Home Phone:

Cell Phone:

E Mail:

Work:

Yes, I want to attend \_\_\_\_\_ retreat, a 50% deposit is required to register.

**Proposed Dates for \_\_\_\_\_ retreat or Pancha Karma:**

From / / to / /

Please charge my (card number) \_\_\_\_\_ Expiration date \_\_\_\_\_ CVV2 code (last 3 digits on the he back of card) \_\_\_\_\_ Billing address \_\_\_\_\_

**My intentions for receiving Pancha Karma are:**

Circle any of the following conditions that you have now or have had: athletes foot (needs to be cleared up before treatment), ask for remedy if you do not already have one, pregnancy, lactation, hypertension, lympho-sarcoma, cancer of the lungs or testicles, melanoma, congestive heart failure, HIV or AIDS, dehydration, or any active infectious disease please explain \_\_\_\_\_

Asthma, allergies, emphysema, chronic fatigue syndrome, carpal tunnel syndrome, fibromialgia, obesity, cigarette smoking current/past, Chron's syndrome, irritable bowel syndrome, stomach ulcer, shingles, herpes simples/genitalis/zoster (shingles), food addictions, substance abuse. Other \_\_\_\_\_

(This information is confidential.) Please document your recreational drug/substance use of past, present and future.

Below, please describe your state of health, current medical treatments, health concerns, illnesses, healing crises prescription drugs, list vitamins/herbs, and history of any surgery:

Please document any allergies and/or food allergies, also, are you allergic to oils? If so which one(s)?:

**Appointment Policy:** Please make sure that we receive your deposit before making airline reservations. Rates are subject to change. A 50% deposit is required to reserve your time and space. The balance is due on day one of your retreat or Pancha Karma program. We accept master, visa, discover and cash. If you would like a receipt, please ask. The deposit is non-refundable yet may be transferable under certain conditions.

**Client Responsibility (For Pancha Karma):** This is a time to be inward, a time to rest, recharge and become aware of your inner world. It should be introspective and enjoy your Pancha Karma. If you are late or don't show for your scheduled treatments then you miss out on that day of treatments. If you do not follow instructions, or use recreational drugs during your Pancha Karma program this may result in the termination of your Pancha Karma treatment and you may not receive a refund. It is the responsibility of the client to follow these guidelines and also report any concerns, symptoms or challenges to your facilitator. Failure to do so may result in the termination of Pancha Karma treatment. We reserve the right to refuse Pancha Karma treatment at our discretion. I also understand that I will be asked to rest during this time, which means that I will forgo participating in strenuous or stimulating activity of any kind including: late nights, boating, sexual activity, surfing, kayaking, helicopter flying, riding in a convertible, horse-back riding etc. I understand that the food used during Pancha Karma is a mono diet of kitchery, a simple 'one pot meal' of beans, rice, herbs, spices and simple vegetables. The reason for this is to give substantial, nourishing, easy to digest food while giving the digestive system a rest during this cleansing time.

**Women:** If your menstrual cycle begins during the course of Pancha Karma, treatments may need to be modified or discontinued. Therefore, please schedule a session that will not coincide with your cycle.

**For all retreats:** I hereby state that I have answered all these questions to the best of my knowledge. I understand that this retreat is not to be used in place of medical treatment, and that I should check with my doctor before making any changes to my diet or lifestyle. Pancha Karma is a program consisting of massages, and steam treatments and not a medical treatment for any medical condition. I agree to hold harmless Darci Frankel, Hanalei Day Spa L.L.C., The Ayurveda Center of Hawaii, it's staff, or any affiliated people or organization from any claims I may make. By signing below, I agree to that I am completely responsible for my physical and psychological health and wellbeing and that I completely understand and agree with the contents here within.

Print your full name here \_\_\_\_\_

Sign here \_\_\_\_\_

Date \_\_\_\_\_

The prices quoted on the website and brochures reflect the current cost of basic Pancha Karma. Additional 'therapies' such as Shirodhara and individual yoga instruction may be indicated for your body/mind type and are an additional charge. Basic Pancha Karma includes daily traditional Ayurvedic warm oil massages from two experienced therapists, full body steam treatments, delicious healing foods, guidance through the appropriate cleansings when your body is ready, several hours of Ayurvedic consultations including periodic pulse analysis, yoga and more all in a beautiful, serene relaxing environment. Our prices are affordable. Enjoy your Purva and Pancha Karma!

For most, these retreats are a positive and life changing experience.

Please do not hesitate to contact us should you have any questions, comments or concerns. We look forward to having you on Kauai for a truly magnificent time of healing and discovery.

See you soon. Aloha!!

*Relax, Recharge and Rejuvenate with us!*

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[www.PanchaKarma.net](http://www.PanchaKarma.net)

[www.HanaleiDaySpa.com](http://www.HanaleiDaySpa.com)