



# **Maui Retreat**

**with Elsie & Inna  
April 19-24, 2025**

Email [Victoria@highland-yoga.com](mailto:Victoria@highland-yoga.com)  
to secure your spot!

# Maui Yoga Retreat

## April 19-24, 2025

### Ready for a getaway?



6 days/5 nights at Lumeria Maui Retreat Center



Yoga twice daily



Locally sourced, fresh menu (Breakfast and dinner included)



Massages, sound meditations, hikes and more available!



Connect with community, relax, and soak in the magic of Maui

### Sample Daily Itinerary

- 7 am - Coffee + breakfast
- 8:30 am - Power Yoga + Meditation
- 10 am - 4:30 pm - Free Time
- 4:30 - 6 pm - Deep Stretch + Restore
- 6:30 pm - Dinner

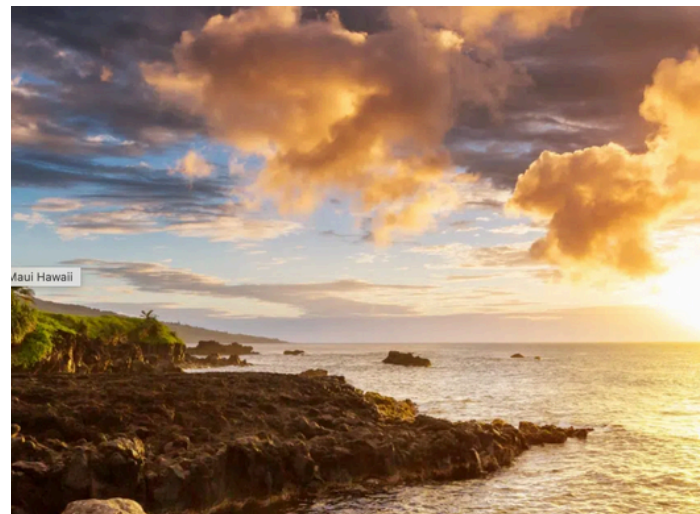
### What students are saying...

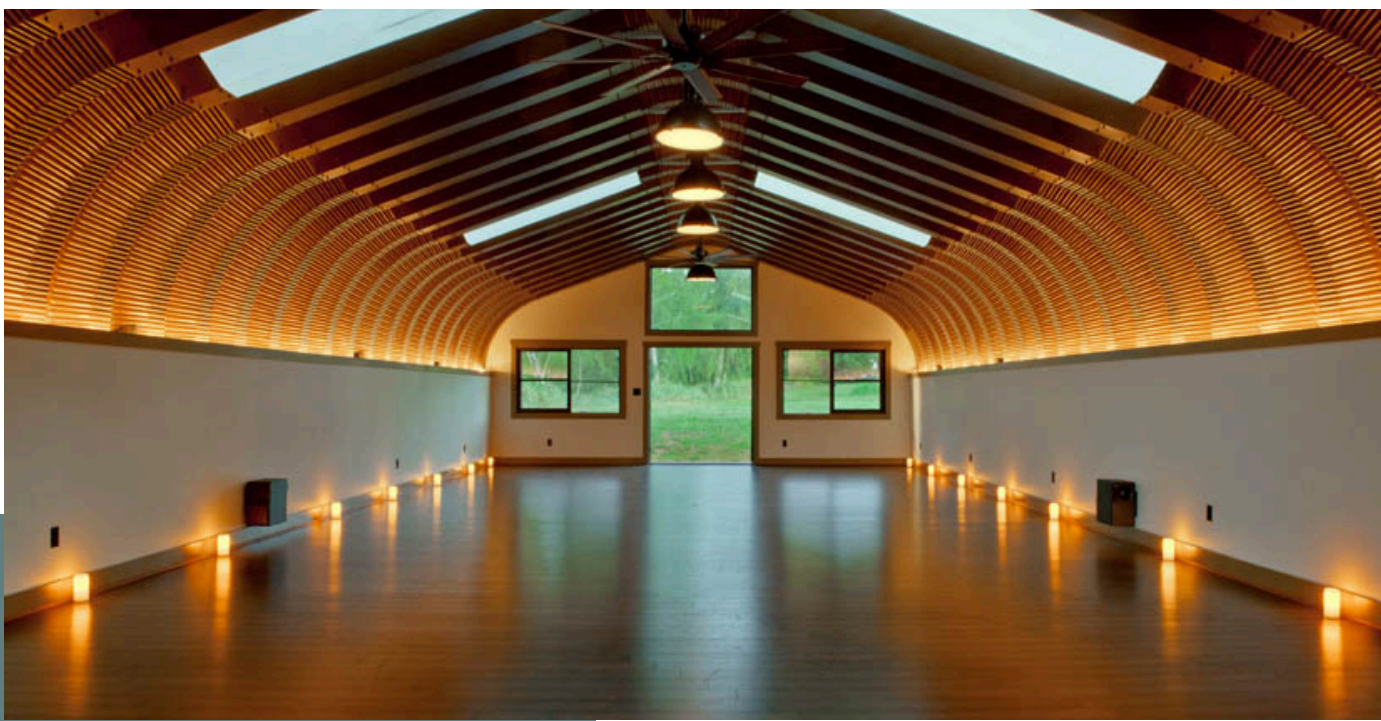
"The HY retreat to Amansala Tulum in 2019 was one of the best vacations of my life. Food was healthy, fresh and fantastic, Yoga while watching the sun come up over the Caribbean Sea was mind blowingly spectacular. Best of all was getting to know other members of the HY community, many of whom we still hang out with on a regular basis. I can't wait to go back" -- Ron Farmer

"Hands down one of the best experiences I have ever had,. HY yoga does a great job planning out the retreat so that you can do ALL extracurricular activities with the community, or, you can practice chilling in your Savasana on you own any given day. The accommodations chosen by HY were first class, so you'll feel very comfortable throughout your stay. The biggest and perhaps unexpected benefit of the retreat was amazing HY community, I established real meaningful relationships that have continued to last long after the Adventure." -- Patrick Lennon

# Rooms + Rates

- **Courtyard View - King Bed**
  - \$4100/single
  - \$3000/person double
- **Courtyard View - King Bed plus Full Daybed**
  - \$4300/single
  - \$3300/person double
  - \$2300/person triple
- **Courtyard View - Double Twin Beds**
  - \$2800/person double
- **Courtyard View - Double Queen Beds**
  - \$3000/person double
- **Partial Oceanview - King Bed**
  - \$4300/single
  - \$3300/person double
- **Partial Oceanview - King Bed plus Full Daybed**
  - \$4600/single
  - \$3400/person double
  - \$2500/person triple
- **Partial Oceanview - Suite King Bed plus Full Daybed**
  - \$4800/single
  - \$3500/person double
  - \$2600/person triple





# Daily Yoga & Meditation

**Morning Practice**  
Hy Power Flow

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**Evening Practice**  
Slow Flow or Deep Stretch



# Meet Your Teachers



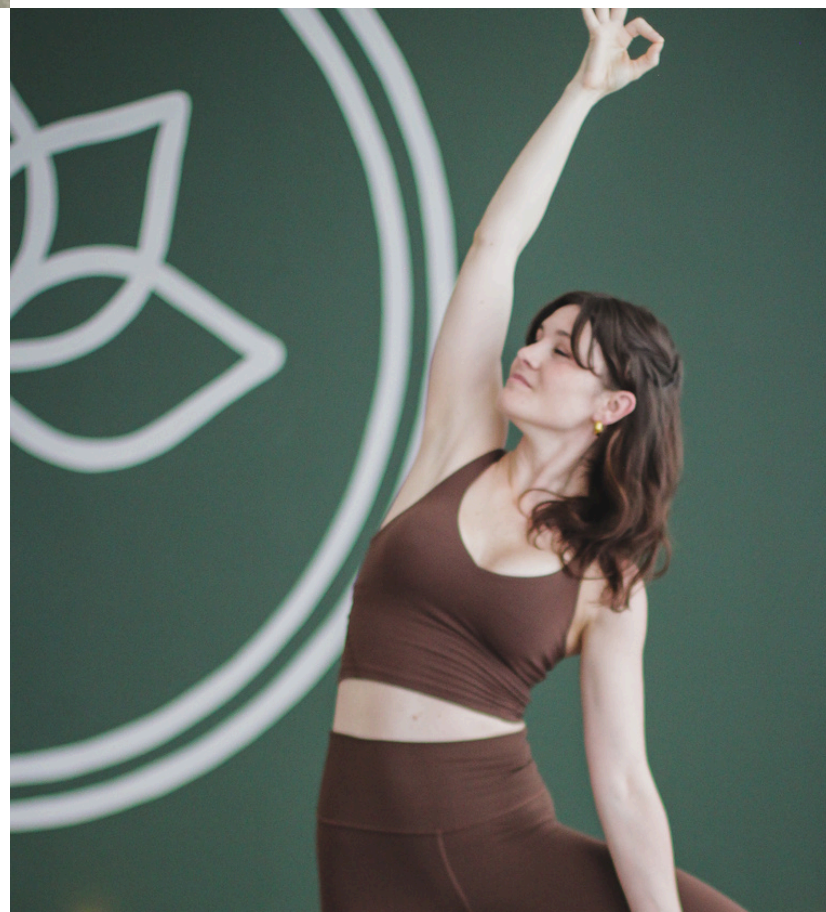
## Inna

*Inna is a very passionate yoga teacher. She started her yoga journey in 2012 while working as a fashion designer in Kiev and struggling with maintaining good physical health. Yoga practice helped Inna through a lot of hard times and big life changes. She finds yoga very therapeutic and empowering. After exploring different modern yoga practices around Europe, from Hot, Hatha to Ashtanga practices, Inna got her traditional 500 E-RYT training here in Atlanta. With her love for people, Inna finds teaching yoga very rewarding. Bright smiles and small wins of her students are her biggest inspiration. Inna consistently uses authentic yoga practices in a fresh and creative way.*

## Elsie

*Elsie discovered yoga in 2010 when searching for tools to cope with stress during law school. In 2013, after having settled into her career as an attorney, Elsie completed her 200-hour Yoga Teacher Training and soon realized that she felt called to share her passion for yoga with others. The dream of Highland Yoga was born, and in 2015 Elsie took the leap from practicing attorney to full time yoga teacher and studio owner.*

*Elsie is a passionate teacher and business owner. She strives to infuse Highland Yoga with her deep love for power vinyasa, community and team-building, and good vibes. When she's not teaching yoga, Elsie enjoys hanging out at home with her daughter Billie and husband Bree in Serenbe, GA. Learn more about Elsie at [elsiebrotherton.com](http://elsiebrotherton.com).*



# FAQ

## Travel to Lumeria Retreat Center

- You are responsible for your flights to Maui - Fly into Kahului Airport on Maui
- Lumeria Maui Retreat Center is about a 20-25 minute drive from Kahului Airport - You can take a taxi/uber to the resort

## What To Bring

- Yoga/workout clothes
- Yoga mat (optional - mats are available to borrow)
- Swimsuit
- Sunscreen
- Hiking/Walking shoes
- Headphones

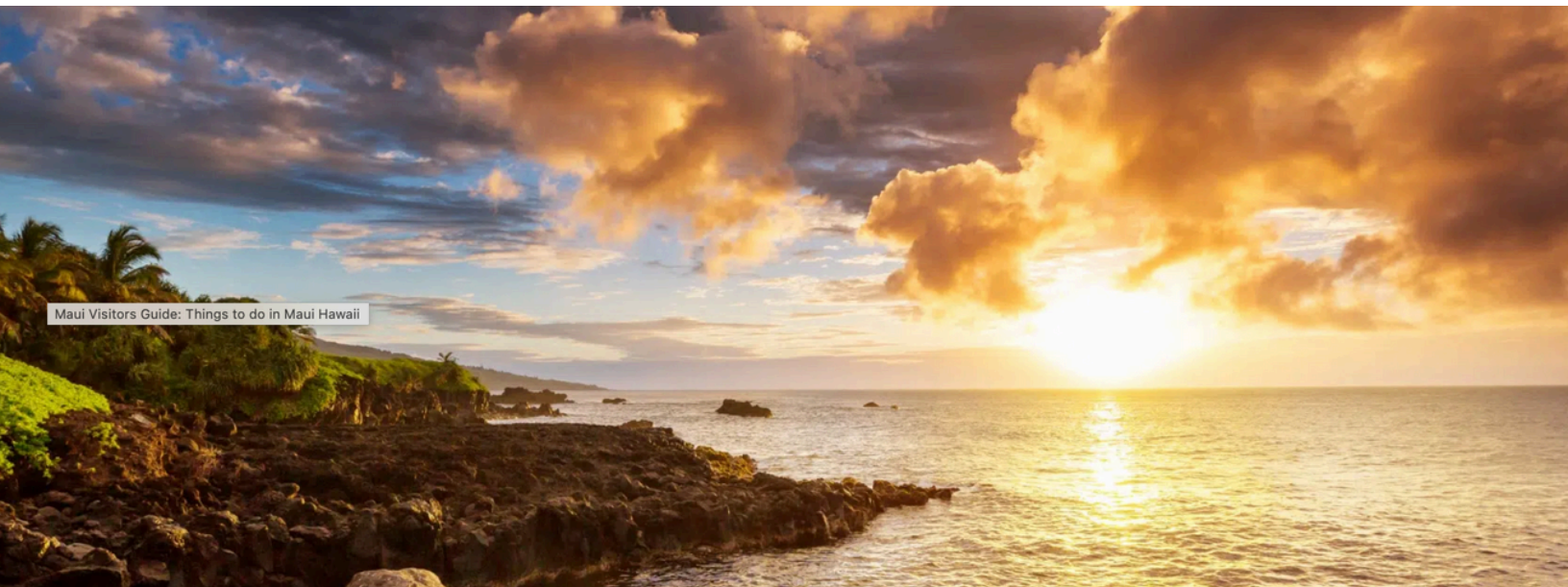
## What's included?

- Breakfast and dinner daily - excludes alcohol.
- Two yoga classes daily
- Accommodations, plus tax and gratuity
- 15% off spa treatments - must be mentioned at time of booking with hotel front desk

## Ready to book?

- To secure your spot, \$600 nonrefundable, nontransferable deposit required.
- Payment in full required by February 3, 2025
- Email [victoria@highland-yoga.com](mailto:victoria@highland-yoga.com) to secure your spot.





Maui Visitors Guide: Things to do in Maui Hawaii



HIGHLAND YOGA