

Practices of Life: A Retreat for the Mind, Body and Spirit

General Information

The Space

We invite you all to join us at this rejuvenating retreat in Honolulu surrounded by gorgeous sweeping views of the city all the while in a beautiful, peaceful, and Zen space. The event location is at Villa Luna Zen Experience at 1248 Luna Place, Honolulu, HI. Situated near the top of Upper Makiki, you will have a nearly unobstructed view of Honolulu from outdoors and indoors.



Practices will take place outdoors if weather permits. The 30,000 sq. ft. property is full of lush green grass, palm trees, aloe, a large banyan tree, several fruit trees and a variety of other plants. The deck area has seating for you to enjoy your lunch and dinner outside if you choose under the cover of the banyan tree.



Inside, you will be graced with expansive views and hard wood floor. The space is open with generous room to accommodate everyone for this intimate experience. The wall to wall doors in the dining area will be open to allow the energy to move smoothly throughout the house.

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The Delicious Eats

Our vegetarian menu is brought to us by the wonderful chef Allyee. She is providing us with fresh, local farm grown, and organic ingredients for the day. We will begin the day with light breakfast at check in of overnight chia oatmeal with fruit & toppings at check in. Please come near the start of check in if you wish to enjoy this treat. Next we will enjoy the fresh and tasty rainbow bowl created just for this retreat. It consists of quinoa falafels, cucumber tzatziki hummus, on bed of raw greens, with cabbage, beets, tomatoes, and avocado with a tahini dressing. For dinner, we will enjoy a wonderful south Indian style vegetable korma with mint parathas. If you have a sweet tooth, you can indulge in a coco-nutty raw tart or a quinoa fruit tart.



What To Bring

For the event, please be sure to bring your yoga mat and blankets for the yoga and gong portions of the day. If you have any props such as bolsters or blocks that you typically use in your yoga practice, please bring those as well. Also, please bring a water bottle. We are all environmentally conscious people and during this retreat we will be practicing mindfulness for our environmental impact.