

WASSA DANCES WITH ALOHA



BIG ISLAND, HAWAII 2009

Saturday, March 21- Saturday, March 28th, 2009

Dance from winter's chill into the warmth and light of springtime in Hawaii with Lara McIntosh's WASSA DANCE! Experience the harmony of heaven and earth at Kalani's ocean side retreat center. Let the magic of Aloha and the power of rhythm seep into your bones in this week-long Afro-fusion dance retreat. Each day features an intensive three hour morning dance class which will explore visceral and energetic movement studies, three delicious island fresh meals, use of Kalani's pool, open air, lanai style spa and easy access to beautiful volcanic coastal views and a black sand beach.

Early Registration Price: \$1320* (requires a \$500 deposit by October 1, 2008). October 2, 2008 through January 1, 2009 price will be \$1350. After January 1, 2009 retreat price is \$1500. All

registrations require a \$500 deposit. *Final payments are due March 1, 2009. Price reflects double occupancy lodging, and shared bath. Private rooms and cottages are available for a higher price. **Price does not include airfare or ground transportation.* Non-dancing companions are welcome, based on available space at Kalani. If you decide to arrive early or stay longer, you will need to make your own lodging arrangements at Kalani or the place of your choice.

Dance Retreat price includes: Daily dance class, 3 delicious meals, use of pool, spa and the beautiful grounds and beach areas. Other offerings at Kalani at additional cost include: Hawaiian and Thai massage, Bodywork, Watsu (water-based bodywork) and Hawaiian/Hula Classes. For more info on Kalani: www.kalani.com

Kalani Honua Retreat Center: Kalani means Harmony of Heaven and Earth and is located on 19 coastal acres of tropical beauty on the SE coast of Hawaii. Dramatic lava cliffs provide a haven for sunbathers, stargazers, whale watchers and those seeking a deep connection with the earth and sea.

Daily Dance Class: The basic style of this series is elemental and mixed levels. Each class begins with personal tuning; connecting to self, music, the

energetics of the environment and the unfolding moment. Gentle warm ups lead into full embodiment of rhythm and guided movement which create a potent group sense as well as allowing for adjustment to personal needs. This dance style balances technique and flow with a wonderful soundtrack! We will dance in an open air, lanai style dance space, where tropical plants and birdsong are part of this magical backdrop. In addition to morning dancing, there will also be an opportunity to schedule additional individual or small group study with Lara afternoons or evenings.

Instructor: Lara McIntosh has been a dancer all her life, sourcing from a broad music and dance knowledge base. Her studies in Mali, Africa bring music and authentic skills to the eclectic mix. "Wassa" is the

Bambara name given to Lara, and translates loosely as "one who acts for joy and fulfillment." Lara conducts workshops, retreats, and community performance art/choreography locally and internationally. Her work includes school programs, as well as fund raising for micro-lending to African community projects. Lara is the creator of WASSA DANCE and POSITIVE SWEAT; learning, teaching, and developing in community since 1991. For more information see Lara's website: www.wassadance.com

Cancellation Policy: All cancellations include a \$30 processing fee. BEFORE JAN.

15, 2009: If you find you are unable to attend, we will do our best to replace you and refund the remainder of your deposit. AFTER JAN 15, 2009: Kalani room and board charges are non-refundable, and will be your financial responsibility if we can not fill your spot.

Questions/Registration: Contact Jenny (206) 300-3142 jenny.easley@gmail.com

