



LUMERIA
Maui

RETREAT BOOKING GUIDE



Lumeria Maui is Hawaii's leading retreat for the mind, body and spirit featuring holistic educational experiences, yoga, therapies and age-old disciplines integrated with Hawaii's pioneering outdoor adventures.

At the gateway of upcountry Maui, Lumeria is close to world-renowned beaches, famous surf spots, and Maui's best biking and hiking trails. Originally built in 1910, the completely renovated property overlooks Maui's North Shore, and is a beautiful sanctuary that awakens the senses and impresses an authenticity, beauty, love and creativity.

The cultural and spiritual practices of Maui are embedded into Lumeria's experience, from the farm-to-table menus at its on-site Dining Room to the healing treatments and therapies offered at the Well Being Center. Connect with the majesty of Lumeria for a physical and spiritual restoration that will remain long after your stay.

We invite you to explore our property and our offerings. We hope that you find our retreat sanctuary to be the perfect fit for your retreat, workshop, group, meeting, or convention.

MAUI ADVENTURE GUIDE

A sample of our adventure offerings. Our Guest Services team will be happy to coordinate any other ideas you may have regarding your time on Maui.

Private Guided Hike

\$450/up to 5 guests Maui's rain forest is full of adventure and mysterious beauty. Let us take you off the beaten path to discover some of Maui's secrets. For those willing to rough it, we'll explore some more difficult trails to reach secret waterfalls, lava tubes, and amazing views.

Hawaiian Outrigger Canoe Tour

\$120/person/2 hrs

Explore the beauty of the ocean as nature intended. Choose from eco-friendly activities such as, dolphin and turtle hunt, canoe snorkel trip, whale watch (December through April) and sunset paddles. Traditional Hawaiian outrigger canoe, paddles, snorkel gear, beverages, and safety equipment provided.

Whale Watching Sail

Rates start at \$35

Informative and fun, each whale watch is led by a team of Pacific Whale Foundation's certified Marine Naturalists and marine biologists, who explain and interpret the social behavior of humpback whales. Every trip is different; you never know what you will experience. Please note that the tours are only offered during whale season (November - February). Rates start at \$125/person

Horse Back Riding

Maui is home to several riding stables and working ranches that give our guests the chance to enjoy the view from the saddle. Sunset beach rides available. All abilities welcome, no experience required.

Lanai Tour & Snorkel

\$140/person

Travel 9 miles across the Au-au channel to the beautiful island of Lanai. After the boat docks at Manele Bay harbor, you will have the opportunity to snorkel, see shipwrecks or possibly swim with the dolphins that live directly off the isolated island coast.

Maui Sunset Cruise

\$79/person for 2 hrs

Hop aboard the Pride of Maui and enjoy a cocktail or full dinner cruise. Spacious down

sson: \$159

2 - 3 people: \$129/person

Groups of 4 or more: \$99/person

Zipline Tours

Rates start at \$185/person, 5 hr tour

Fly through the air for the ride of your life! We offer the longest and most amazing ride in Hawaii. Different zip line courses offer something for everyone.

Maui Canyoneering Adventure

Rappel waterfalls \$200/min 4 people

Non-rappelling observer-hiker \$150

This is a true "walk on the wild side". Maui's boldest and most genuine adventure - canyoneering - walking down waterfalls into a rainforest canyon. Come experience the deepest beauty of Maui.

Stand -Up Paddling

\$80/person for semi-private

\$140/person for private

Private or semi-private lessons available. Training offers unique stand-up paddling techniques to better improve your paddling skills, body strength, water confidence, and overall fitness.

Sunrise Bike Tour::

\$144/person for sunrise ride

\$124/person for day ride

Bike our historic Haleakala Volcano! Enjoy the view from the most colorful dormant volcano in the world as you coast downhill 26 miles to the oceanfront. Bikes and all gear provided.

RETREAT BOOKING GUIDE



CLASSES & PROGRAMS

A sample of the educational classes and programs we offer on property.
For our full schedule with real time updates,
please refer to our website at
www.lumeriamauui.com/calendar



OUR COMMITMENT TO YOGA

We founded our educational retreat center on the principles of yoga with the intention of creating a peaceful and dynamic environment for people to experience and learn the power of yoga and the promotion of self-awareness and self-discipline. Here at Lumeria we collaborate with some of Maui's and the world's most studied and advanced yoga practitioners. Maui has been on the forefront of the yoga movement for decades. Grateful for this abundance, Lumeria Maui offers a wide variety of classes and programs every day including but not limited to: Hatha, Anusara, and Vinyasa Flow for a variety of levels.



Lumeria Maui's yoga studio is a peaceful place for practice. It is of simple zen-quality design with its own control system for music and a small altar space. Occasionally, our yoga teachers hold class on our outdoor terrace. Students are welcome and encouraged to practice on the outdoor terrace throughout the day. We invite students to develop their practice at the level and pace they desire. We invite guest teachers and their students from around the world to hold retreats at our exquisite location.



Shaman 's way of healing

Integrity * Honesty * Responsibility * Trust

Enter into a sacred space of transformation. Be guided to release and resolve old patterns that no longer serve you. Live your full potential - inifinity in all directions.

LUv Ninja Training

Begin the day at the edge of two worlds... where water meets earth, where spirit meets form. Take advantage of Maui's beaches for an active guide to train the body and mind, cultivating the spirit. Personal, couple or group training.

5 rhythms

This is a gently guided moving meditation with music. You will be guided by the wisdom of your own feed and breath, allowing your emotions and experiences to take shape and become your dance, finding rhythm and rest.

Learn to Meditate ::

Learn how to create inner peace in your life with our Chopra certified instructor. Benefits of meditation include: lower blood pressure, reduced anxiety, mproved relationships and sleep patterns.

MAUI ADVENTURE GUIDE

Lumeria Maui is conveniently located in upcountry Maui and 5 minutes from both the iconic surf village of Paia and the historic paniolo (cowboy) town of Makawao. The retreat is a short drive away from many beaches, hiking trails, and island adventures.

Baldwin Beach

The perfect spot for sunbathing, swimming, jogging and relaxing with friends. Family and pet friendly! Located half a mile past Paia if driving towards Kahului and the airport.

Ho'okipa

Famous local surf destination for intermediate to advanced surfers. Grassy look out for surf spectators and beach access.

Bamboo Forest

Get lost in a sea of bamboo as you hike to one of the many waterfalls and lookouts located throughout this trail.

Paia Bay

Popular surf spot for beginner to intermediate surfers and boogie boarders. Conveniently located on the edge of Paia Town on the right-hand side leaving town.

Twin Falls

An easy hike that runs parallel to a beautiful stream with plenty of waterfalls. Take a plunge into the cool Maui waters or sit down and enjoy some of the best scenery in the world.

IA O Valley

Iao valley is a lush and tropical haven. Hike to the "Iao Needle" a natural pinnacle overlooking the Iao River with amazing views of the entire valley and Kahului harbor.

A visit to Paia Town

Maui's coolest little town! Paia is a reflection of its history as a booming sugar cane plantation community with its original wooden buildings still intact. This quaint little beach town has an array of fine specialty boutiques, grocery stores, galleries, and award-winning casual and full service restaurants with local and international culinary delights.

A Visit to Makawa O Town

Known as the old Hawaiian Cowboy or Paniolo town, you'll find a charming town with a plethora of unique stores, boutiques, and art galleries worth a wander and full of unusual and creative finds. Catch the Farmer's Market for fresh local produce and baking every Wednesday and Saturday.

Hui No'eau Visual Arts Center

Located only minutes from the property, view the Hui's latest art exhibition and explore all it has to offer. The Hui provides a wide range of programs that support lifelong learning in the arts including: public classes, visiting artist workshops, open studios, lectures, and more!

Haleakala National Park

Watch the sun rise or set from the top of the largest dormant volcano in the world. If you are up for it, climb into the crater to observe native Hawaiian plants indigenous only to Haleakala, like the silversword plant, which blooms once every 50 years.

Ali'i Lavender Farm

Take a tour of one of the island's top Ag-Tourism venues! Walk across the lavender field, browse the Native Hawaiian botanical garden, or have a cup of tea with a lavender scone in the shop and enjoy the view.

Tedeshi Winery

Soak up the scenery and breathe in the fresh air of Ulupalukua with a visit to Maui's only vineyard. Enjoy tastings from a selection of pineapple, grape, and sparkling wines. Daily guided tours available.

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