

Imagine…

A week in Hawaii. A week cycling next to the deep blue ocean, past groves of papayas, under canopies of giant mango trees, and by fields of lava.

A week complementing your cycling with yoga, allowing you to stretch your muscles and recover physically while calming your mind and letting your inner bliss flow forth.

A week of healthy, delicious food. A week to enjoy an oceanside retreat and its facilities, including pool, hot tubs, and sauna. A week to be in and appreciate nature, its beauty, and its silence. A week to rejuvenate your mind, body, and soul.

A Cycling Retreat for the Soul

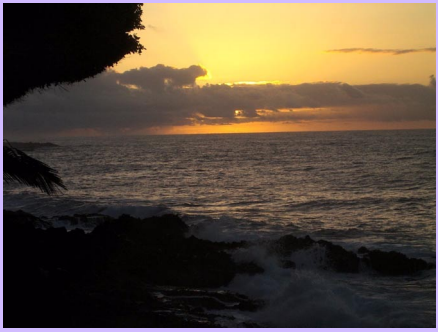
Big Island of Hawaii

October 19, 2003 to October 26, 2003



Overview of your retreat

We'll spend seven nights at the Kalani Oceanside Retreat on the southeastern side of the Big Island of Hawaii. Located in a lush jungle setting in a part of the island not frequently visited by tourists, Kalani is an ideal location for your cycling retreat. Nearby rural roads offer excellent cycling through beautiful areas on roads with little traffic.



Most mornings, after a hearty breakfast we'll cycle in the area and return for a yoga class that stretches your cycling muscles and facilitates relaxation. After a delicious lunch, your afternoons are free to do whatever beckons you. You might relax by the pool, saunter across the street and watch the crashing waves and look for sea turtles, walk down the road to the nearby black sand beach visited by dolphins, cycle to the tidal pools and go snorkeling, schedule a massage, or simply hang in a hammock and ponder. Each day wraps up with another wholesome meal. You might spend the evening relaxing in the hot tubs and gazing at the abundant stars visible in Hawaii's sky, free from urban light.



Some days, we'll make longer excursions. One day, for example, we'll ride into Hilo to the farmer's market. There, you can purchase fresh food from farmers and arts and crafts made by local artists. Another afternoon, we'll drive up to Hawaii Volcanoes National Park where we can see the effects of an active volcano and hike into the lava fields where we can witness the molten red lava flow after sunset.

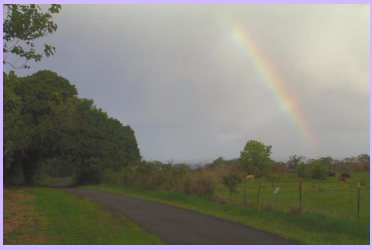
We'll eat our meals at Kalani. Served buffet style, meals offer an abundant selection of nourishing, healthy food. Breakfasts, for example, usually offer eggs, tofu, yogurt, nuts, pineapples, papayas, and other fruits. And lunch and dinner feature vegetarian cuisine, with a fish or poultry option.

Because we'll spend the week based at one retreat, you won't have to pack and unpack each day. Instead, you can get to know and experience the area intimately. You can unwind, relax, and rejuvenate. You can experience Aloha.



About the cycling

The cycling will take you on narrow, rural roads and on some state highways with wide shoulders. Daily rides ranging from 30 to 65 miles offer a good opportunity to spin and take on rollers and steady hills. Challenges exist, too. For example, you can choose to tackle the steep Kamaili Street, or brave the wickedly fast descent. Helmets are required on all rides.



This cycling retreat is designed for independent cyclists who ride on a regular basis and are comfortable riding at least 45 miles on roads with traffic. This retreat is for cyclists who know it's more comfortable riding their own bike and cyclists who don't require sag support. You can extend or shorten the daily group ride and do additional riding on your own. We will alter the itinerary based on group interests and weather conditions. This retreat is for those looking to incorporate their love of cycling into a vacation where they are honoring their own restorative needs.

About your guide



The guide for your cycling retreat is Doug O'Neill. An avid cyclist who rode more than 8,000 miles in 2002, Doug has led groups of cyclists around the San Francisco Bay Area for the past four years and has toured in Canada, France, and Italy. Seeking a change from the bustling Silicon Valley lifestyle, Doug came to Hawaii and became a certified yoga teacher. Now, he'd like to share his love of cycling, yoga, and the spirit of Aloha with you.

Pricing

The cost of your cycling retreat includes:

- Airport transfers for you and your bike from the Hilo airport
- Daily guided cycling and yoga
- A trip to the Hawaii Volcanoes National Park
- Three meals a day at Kalani Oceanside Retreat, and use of Kalani's facilities, including pool, hot tub, and sauna. When we are not at Kalani for a meal, you can request packed lunches or you can buy food elsewhere.

Per-person prices are based on double occupancy and vary by your choice of accommodation:

Tree House	$2,350
Cottage	$1,595
Lodge Room (private bath)	$1,495
Lodge Room (shared bath)	$1,395
Campsite	$1,095

Single supplement for rooms is $250.

More information

If you have any questions about this retreat or would like to take this retreat on a different date, please contact us.

Web: www.soulcycling.com

E-mail: info@soulcycling.com

Telephone: 808-936-3122



Registering

To register for this cycling retreat, complete the form on this page and mail it along with a $200 nonrefundable deposit. If you send an e-mail to register@soulcycling.com, we will hold your place for one week until your deposit arrives.

The balance of the trip cost is due by September 1, 2003. If you are registering after September 1, 2003, you must prepay the entire amount. Unfortunately, we cannot make refunds if you need to cancel your trip. We recommend that you purchase trip cancellation and accident insurance to prevent any losses due to illness, accident, or other causes.

After we accept your registration, we will send you additional information about the trip, including a Release of Liability form, which you must return before you can participate in this retreat.

Name: _____ **Sex:** ❑ Male ❑ Female

Address: _____

City: _____ **State:** _____ **Zip code:** _____

Phone: _____ **E-mail:** _____

Please indicate type of accommodation you prefer:

❑ Tree House
❑ Cottage
❑ Lodge (private bath)
❑ Lodge (shared bath)
❑ Campsite

Please indicate your preferred sleeping arrangement:

❑ I will share my room with: _____
❑ I will occupy my room by myself (single supplement is $250)
❑ I would like to share a room with someone you match me with. If you are unable to find someone, I will pay the single supplement.

Please tell us how you found out about this cycling retreat:

_____

By submitting this form, I acknowledge that:

- I am at least 18 years old
- I have read this brochure and understand the type of activities involved in this retreat
- I understand that all amounts paid are non-refundable
- I will receive a Release of Liability form that I must sign and return before I can participate in this retreat

Signature: _____ **Date:** _____

Please mail this completed form along with payment to:

Soul Cycling
RR 2 Box 4500
Pahoa, Hawaii 96778

Checks must be in U.S. dollars and made payable to **Soul Cycling**.

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A week-long retreat offering:

- Daily guided cycling and yoga
- A trip to Hawaii Volcanoes National Park
- A chance to unwind, relax, and rejuvenate





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