

# This is It! 2010 is your most Alive, Juicy, Youthful and Empowered Year EVER!

Kahua Hawaiian Institute - MAUI

January, 2010

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## **Greetings!**

Greetings from Kutira and Raphael.

If you need a good reason to travel, we have a great one for you. Come and celebrate YOU in a magical place called Maui - Hawaii.

Last year has been a transformational time for me and for those of you who know me personally. I have taken time to literally re-build my body - my temple. I morphed into a new gestalt of 30 pounds lighter. Kutira means temple in Sanskrit and I have spent many years creating and designing temples on this land and for friends. Now I am back to attending to my very own temple, my body. And of course, whatever has positively changed my life.... I *love to share*. Whether it is my travel to the most exotic and spiritual places, creating with my husband Raphael music for the heart or sharing how I morphed into a new me.

If you would like to dedicate this year to some changes.... *big changes*, this is your call. This is your invitation to rejuvenate your body and soul and reverse your aging process with some amazing knowledge with a team of gifted healers and teachers. The staff at the Kahua Institute "rocks".

Hope to see you soon!

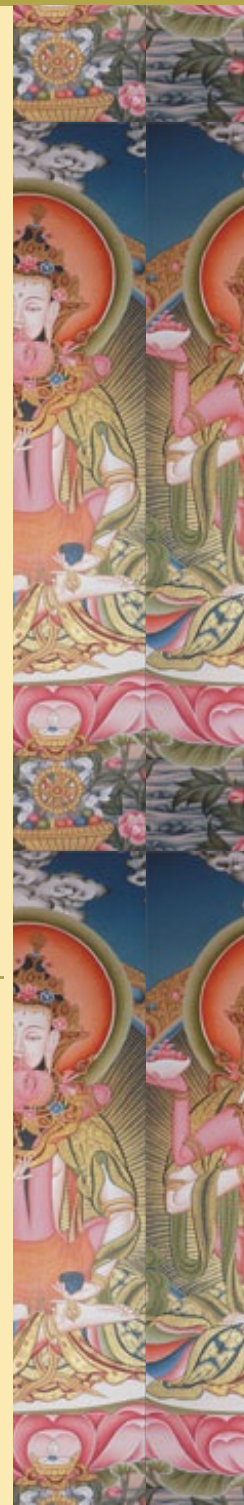
She felt that small shiver that occurred to her when events hinted at a destiny being laid out, of unseen forces intervening.

-- Dorothy  
Gilman

## **CREATE YOUR OWN BODY-SOUL-SELF IMAGE AND EXPLORE THE ARTIST WITHIN YOU!**

**Weekend February 20 - 21, 2010**

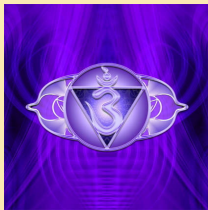
**What happens when a group of women get together and share their art, wisdom and create new pathways to explore consciousness?.....Absolute nourishing of your body mind and spirit and rejuvenation at its very best. This weekend has it all.**





The reason so many people never get anywhere in life is because when opportunity knocks, they are out in the backyard looking for four-leaf clovers.

-- Walter P. Chrysler



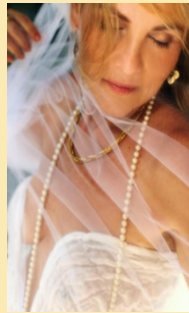
Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.

-- Dr. Seuss



Do you want the problem or do you want the answer?

-- A Course in Miracles



Join Kutira: explorer of Embodied Spirituality and Sustainability, Wendy Grace: poet and guide for creating your soul card, Monique Feil: extraordinaire photographer and Jayne: a woman that brings your body to dance in the light. There will also be more women with many gifts and talents and together we will play, share, create beauty and nurture our mind, soul and body.

This event is **limited to 21 women**, so hurry and reserve your space. This weekend is not to be missed. You will treasure your new professional portfolio of stunning photos for professional use, private viewing, up date your facebook pictures, business cards, your new brochure/flyer, marketing and promotions, etc....your friends and even yourself will be absolutely amazed at the outcome.

For more information [Click here](#) and enjoy some of the pictures and sample a taste of what Monique can do for you. She is truly a master and brings out the beauty in you with the help of the Maui Goddesses..

Treat yourself to this weekend.



**HAVE YOU EVER DREAMED OF HAVING A REALLY GOOD PICTURE OF YOU AND YOUR PARTNER?**

**MARCH 28**

Is a special day for couples to get creative with the help of a good camera, make up artist and best back ground you can only dream off!

Space is limited, [Click here](#) for more information

**Would you like to know how Kutira lost 30 pounds and looks younger and better then ever?**







Change is not an enemy to be feared.  
It is a wave to be surfed on.

-- Alan Cohen

## INVIGORATE YOUR SELF-ESTEEM The Body-Mind-Morphing HCG Program of the 21st Century

### Transform you Body and Mind April 1st to 21st, 2010

Join this first retreat of 21 days and morph your body into the temple of your dreams. Shape your mind into unlimited possibilities. Enjoy the island, have fun, learn yummy secrets of preparing delicious food that will support your vitality. We guarantee that your fat will melt, not only from the sun in Maui, but your extra pounds will also disappear with this program. You will achieve new heights of emotional well being and reverse the clock of aging. You will feel better than ever.



[Click here](#) to find out more about the 3 week Life Transforming Retreat!

**Guest Teachers:** Manuela Christener and Dr. Trudy Vogt, Dr. Joan Heartfield, Wendy Grace, Anja Kern, Dr. Bobbi Spur, Lani Neilson and many more amazing people. After all we have 3 weeks to explore the inner and out realms of being.

*"Surround yourself with only people who are going to lift you higher..." Oprah Winfrey*

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### Private Body-Mind-Morphing HCG Coaching available for Men and Women

"I am so excited about the success of the Body-Morphing Program with HCG with the loving support of Kutira, her staff and my fellow body-morpher. I feel sexier, taller and thinner than I ever have felt in my life....."

[Click here to read more](#)

Patricia



Patricia and Martine, Successful Body-Mind-Morphers

"After trying everything in the book to loose weight I was fortunate enough to bump into Kutira. She introduced me to the HCG Body-Morphing Program. This passionate, persistant but very loving woman lives and



breathe this lifestyle. Her guidance makes it so easy to shape shift yourself on every level.....[Testimonials](#)  
Martine Flores

**If you are determined and committed to making the necessary changes to improve your health and well-being** - release weight, live longer, rejuvenate the temple of your body and feel your absolute best - the Body-Morphing Program is for you.

ONLINE COACHING available!

**Break the binge-diet-cycle forever!**

[Click here](#) for details

## Student Program - Volunteer Work Exchange

Come with your passion and your skills. Deepen your awareness of self, mother earth and the universe. Experience ecologically responsible living, embodied spiritual teaching and renewal. Spend three to six months in beautiful rural Maui Hawaii, amidst the jungle, and by the sea.



[Click here](#) if you would like to know more and submit an application for Spring 2010

Our program is very popular and not all those who apply are accepted.

## UPCOMING ADVENTURES TO NEPAL, BHUTAN AND BALI

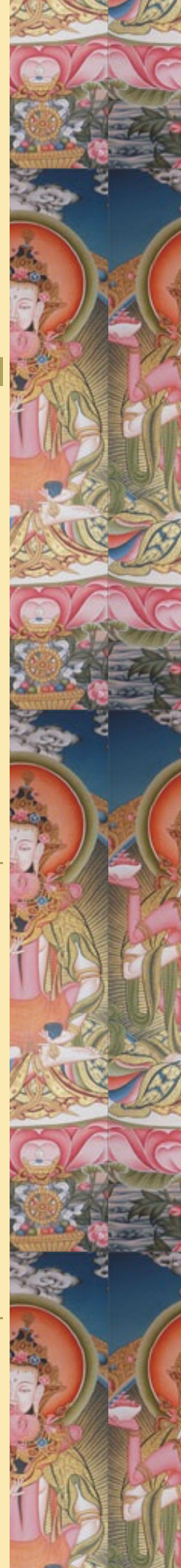
This is just a short pre-announcement to open your mind to the possibility of joining a group of powerful people who love to travel and learn about the land, the people, the culture and are interested in global sharing of knowledge. The exact dates are not yet set but it will be in Fall.



If your adventurous self wants to explore these amazing places, stay tuned or contact Kutira now. It will be her honor to share her love for these spiritual places and people she has come so close to.

## This is NEW and FAR-OUT.

We have a 9 minute long, beautiful musical youtube video, that features our land and the vision that carries this place. It almost gives you the feeling of being here, of walking the sacred trails, swimming under the waterfall and meditating with the rising sun. Give yourself some time to enjoy it and relish in the sounds of Hawaii.





[Click here](#) to view this youtube video. We are interested in your feedback, so please let us know what you think. To send us an email, go to [info@kahuainstitute.com](mailto:info@kahuainstitute.com)

**WE ARE A STATE OF THE  
ART ECOLOGICALLY  
RESPONSIBLE PARADISE  
OF YOUR DREAMS.**



Create your own private retreat and gift yourself with private teachings by Kutira and Raphael.

Weekly Embodied Spirituality classes, massages and daily yoga instruction available.

[www.MauiRetreat.com](http://www.MauiRetreat.com)

Open all year-round and a perfect place for honeymooners.

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We would love to hear how you are doing and stay connected with you. You may also like to [forward this information to a friend](#) and/or drop us an email, to do so [click here](#), or call us. We hope that this email finds you in good health and good spirit.

*Blessings*

Kutira & Raphael  
Kahua Institute

