



COMFORT ZONE RETREATS

KAUAI, HAWAII COMFORT ZONE RETREAT

JULY 15-19, 2026





A TECH-FREE, ADVENTURE-WELLNESS RETREAT TO RESET & RECONNECT TO YOURSELF, TO NATURE, AND TO AN AMAZING GROUP OF PEOPLE

Have the time of your life with a group of growth-minded humans on a 5-day, 4-night adventure in one of the most jaw-dropping places on Earth. Explore the Nā Pali Coast, surf warm Hawaiian waves, plunge beneath waterfalls, and experience powerful breathwork surrounded by mountains and lush jungle. Reset your habits, reconnecting to your truest self, and forming friendships that last a lifetime.

Adventure | Wellness | Healthier Habits | Unplug in Nature |
Deep Connection | Creative Expression



ITINERARY

JULY 15-19, 2026

DAY 1: ARRIVAL DAY: WELCOME & CONNECTION

- Airport welcome + group shuttle to the North Shore
- Settle into our beautiful retreat homes
- Opening Circle + Sunset Intention Setting on the Beach
- Nourishing Welcome Dinner
- Wind-down Sound Healing to arrive and unwind

DAY 2: CONNECTION & RELEASE

- Sunrise Beach Yoga & Meditation
- Epic Beach Day on Kauai's North Shore
- Optional Group Surfing or Paddle Boarding (all levels welcome)
- Nourishing Lunch
- Queens bath Adventure
- Personal Growth & Group Connection
- Somatic Breathwork & Sound
- Healing Ceremony
- Family-Style Dinner & Evening Integration

- Healthy Gut friendly Meals provided throughout
- Permits and park passes included.

DAY 3: NĀ PALI COAST : COURAGE & ADVENTURE

- Sunrise Yoga & Meditation
- Nourishing Breakfast
- Nā Pali Coast Hike Kalalau Trail & Hanakapia Falls! The most amazing hike!
- Family-Style Dinner
- Connection Night

DAY 4: VISIONING & CELEBRATION

- Sunrise Beach Yoga & Breathwork
- Future Visioning, Goal Setting & Guided Journaling
- Snorkeling & Beach time
- Creative Expression
- Celebration Dinner

DAY 5: VISIONING, CLOSING, & INTEGRATION

- Morning Routine Yoga & Breathwork
- Closing Circle & Closing Breakfast
- Group Departure at 11:00 AM

ALL-INCLUSIVE RETREAT EXPERIENCE

STARTS AT \$2999 (PRICING BASED ON ROOM TYPE)



Beautiful Accommodations

Relax in stunning retreat homes on Kauai's lush North Shore, surrounded by tropical beauty, ocean breezes, and jungle-covered mountains.



Nā Pali Coast, Waterfalls & Island Adventures

Explore the most breathtaking parts of Kauai with group hikes, coastal views, waterfall swims, and unforgettable island adventures alongside growth-minded, inspiring people. Sunrise and sunset moments in paradise. Optional Group Surf Lessons (No experience required!)



Somatic Breathwork + Sound Healing

Powerful journeys of emotional release, clarity, and deep connection through guided breathwork and immersive sound healing.



Daily Yoga, Breathwork & Meditation

Reset your nervous system, build strength and flexibility, and drop into deep peace through daily movement and mindfulness in nature.



Personal Growth Workshops

Mindfulness, habit transformation, visioning, Internal Family Systems (IFS), and reflective practices to gain clarity and realign with your purpose.



Technology Detox

Unplug from constant stimulation with a phone-free, social-media-free retreat (with flexibility for family or pet check-ins).



Group Transportation

Group transportation throughout the retreat, with optional round-trip airport shuttle.



Authentic Connection

Heart-centered group circles, guided sharing, and community practices to build deep, lasting friendships.



Free Time & Exploration

Balance adventure with spaciousness to swim, journal, rest, and soak in the healing energy of the ocean, jungle, waterfalls, and warm Hawaiian sun.



WHERE ARE WE STAYING?

**GORGEOUS RETREAT HOUSES IN
NORTHERN KAUAI, PRINCEVILLE NEAR NAPALI COAST
& RIGHT NEXT TO THE QUEENSBATH!**



WHY JOIN THIS RETREAT?

**THIS ISN'T JUST A VACATION, IT'S A DEEP RESET.
A REMEMBERING OF WHO YOU ARE.**

Break Free From Autopilot.

Leave behind distractions, overstimulation, and endless to- dos.

Reconnect To Yourself.

Through nature, breath, movement, and stillness, you'll remember who you are underneath the noise.

Feel Fully Alive.

Experience the thrill of hiking iconic trails, the peace of morning meditations, and the joy of deep belly laughs around a fire.

Form Meaningful Connections.

We curate groups with care: expect deep conversations, supportive energy, and real friendships.

Leave With Clarity.

You'll walk away with renewed energy, clear intentions, and practices to carry home with you.

Whether you're craving a big shift, adventure, healing, connection, or just space to breathe, this retreat is here to meet you exactly where you are.



THE PRIVILEGE OF A LIFETIME IS TO BECOME
WHO YOU TRULY ARE.

CARL JUNG



COMFORT ZONE RETREATS

APPLY FOR YOUR SPOT TODAY

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