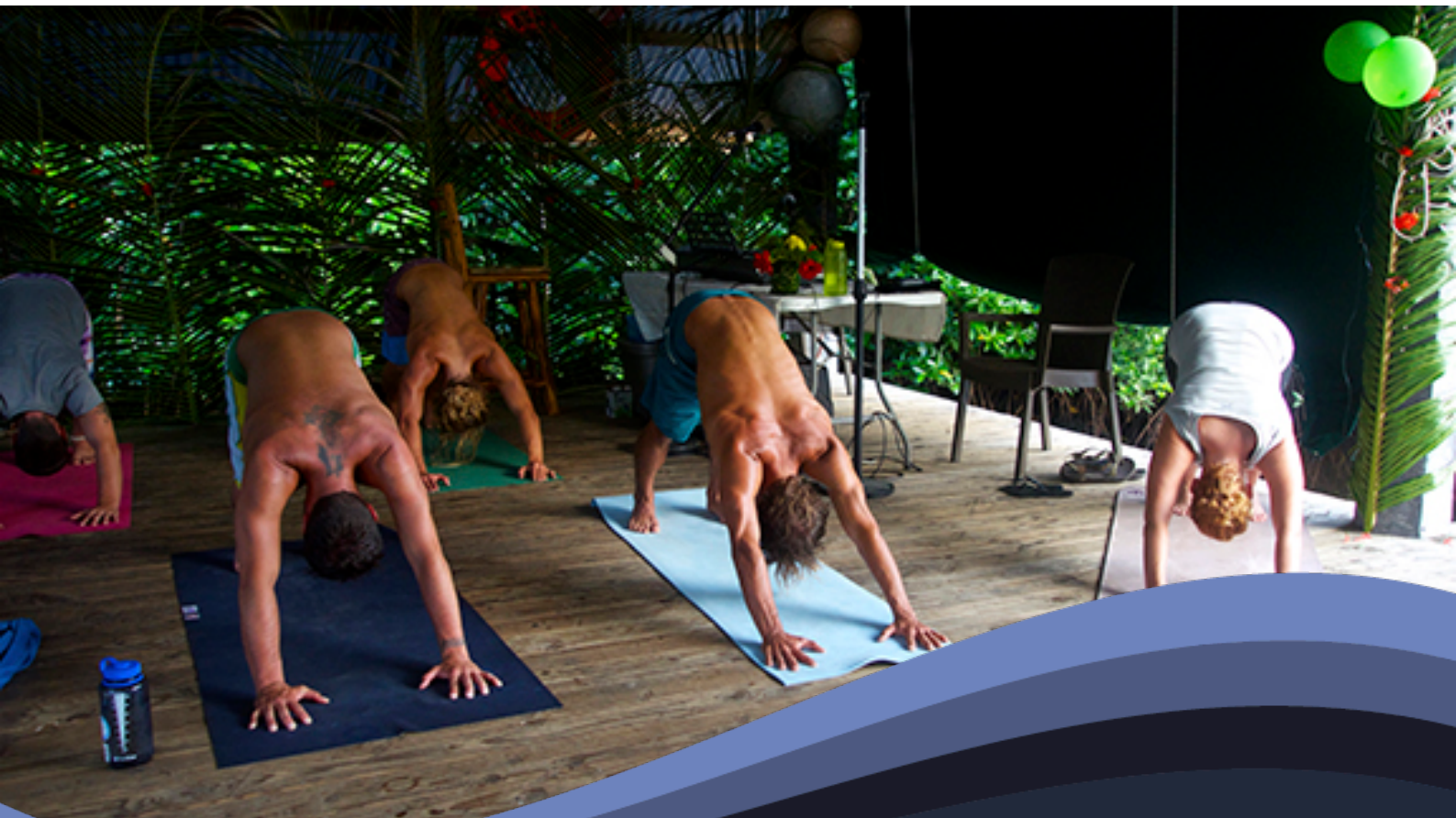


# *OMbiance Yoga Retreats*

Held at Pacific Treelodge Resort in Kosrae, Micronesia  
December 27, 2015 – January 2, 2016



Dr. Justina Law

# Contents

Welcome to OMbiance Yoga Retreats	3
Exploring Kosrae	4
Your Retreat Leader	5
Daily Schedule	6
Optional Excursions	7
I Let Go	8
Vision Boarding	9
Environmental Footprint	10
How to Create a Retreat at Home	11



# Welcome to OMbiance Yoga Retreats

Welcome! We're pleased to have you along! Whether you're a newbie yogi looking to immerse yourself in the spirit of yoga, or more advanced and looking to deepen your practice in a beautiful location, OMbiance Yoga Retreats are for you. All destinations are handpicked, to ensure that they are both secluded, yet safe, leaving you carefree, to relax, explore, and deeply connect with the environment.

Retreating to an exotic destination successfully and incorporating deep yoga practice takes a special skill set. Our focused yoga retreats are fully organised, hosted and led by experienced educator, qualified yoga teacher, and extensively traveled expert, Dr. Justina Law. Your job here is to relax, indulge, and enjoy your beautiful surroundings. We'll take care of the rest. Should you need anything while you are retreating with us, please don't hesitate to ask!



Enjoy personalised, daily yoga sessions in small groups of like-minded people, and eat really good nourishing food.



#### Why Kosrae (Sleeping Lady Island):

- Rare place far from air pollution
- Most of its territory is covered in trees
- Safe, low crime
- Welcoming to various nationalities
- Warm, friendly locals who are eager to share their culture
- Pristine environment
- Remote and unspoiled

## Exploring Kosrae, Micronesia

Formally known as Kusaie, and comprised of about a dozen islands and islets in the easternmost area of the Caroline Islands, Kosrae is one of the four states that currently make up the Federated States of Micronesia. Nestled between Guam and the Hawaiian Islands some 600kms north of the equator, the main island covers an area of 110 square kilometers and is home to around 7000 inhabitants. An extensive system of mooring buoys has helped keep the coral reef surrounding the island in pristine condition, making the region one of the most remarkable scuba diving and snorkelling meccas in the world today! With an abundance of sea life including sharks, eels, rays, sea turtles and endless others and visibility that rivals that of the Great Barrier Reef, Kosrae is sure to be one of your most memorable diving and/or snorkelling destinations. The area is also host to an extensive network of fallen WWII aircraft for those of you that enjoy wreck diving. About 70% of the island's surface is adorned with lush jungle covered mountain peaks and its lack of development lends itself to spectacular hiking excursions. Kosrae is a nature lover's paradise, and we encourage you to take full advantage of your time here exploring the island with us.

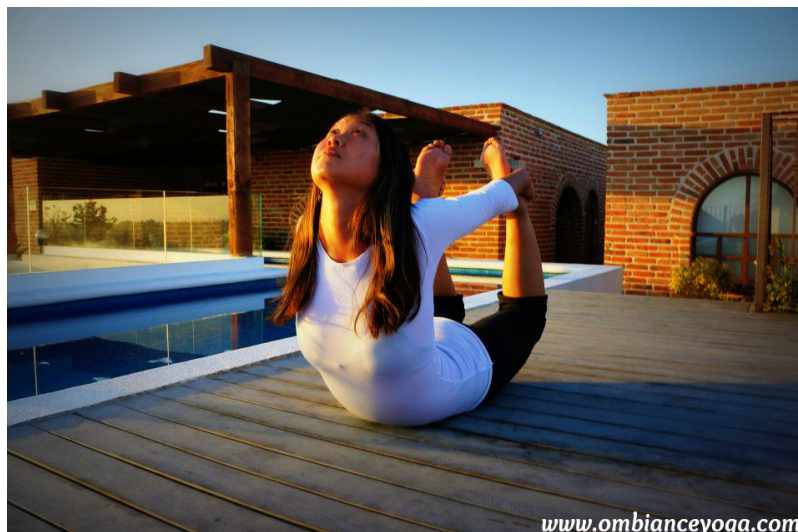
### Your OMbiance Retreat includes:

- 6 nights accommodation at Pacific Treelodge or Kosrae Village Ec lodge
- daily panayama/yoga sessions with certified instructor, Dr. Justina Law
- healthy meals - 5 brunches, 6 dinners, 1 breakfast
- free use of kayaks
- Cultural Exploration (2 hours) – cooking Kosraean soup, weaving (basket, fan, plates), carving
- airport transfers (to and from Pacific Treelodge or Kosrae Village Ec lodge to KSA Kosrae International Airport)
- flights, gratuities, and personal expenses are not included



### Your yoga instructor and retreat leader: Dr. Justina Law

Hi, I'm Justina (Yoga Mani)! I'm a passionate educator who has been practicing yoga and meditation regularly for the past 10 years. I've attended yoga and meditation intensive courses and workshops locally and internationally, and completed my yoga teacher certification in Delhi, India. I specialise in hatha and restorative yoga, and align my instruction with specific client needs. Having travelled every month for over a decade, to more than 70 countries, I've combined my two loves - travel and yoga - to create unique OMbiance Yoga retreats that focus on personal growth and wellness. I hold a Doctor of Education degree in Educational Leadership, Masters degrees in Educational Leadership and Educational Psychology, a B.A. in Psychology, Sociology and History, a B.Mgmt in Human Resources and IT, and a B.Ed in Social Studies Education. I currently work as a school district learning specialist, university professor, educational consultant, and certified yoga teacher.



## Daily Schedule (This is a tentative schedule as changes may be made due to weather conditions and guide availability)

### Day 1 – Sunday, December 27, 2015

0800 – juice/smoothies  
0830 – opening circle (welcome reception)  
0915 – yoga  
1100 – brunch  
1300 – Trekking Menke Ruins (4 hours)/free time  
1800 – dinner  
1930 – restorative yoga

### Day 2 – Monday, December 28, 2015

0800 – juice/smoothies  
0830 – yoga  
1030 – brunch  
1215 – hiking Mt Oma with triple falls, Japanese caves, and red soils (snack provided; 5 hours)/free time  
1830 – dinner  
2000 – restorative yoga

### Day 3 – Tuesday, December 29, 2015

0730 – juice/smoothies  
0745 – yoga  
0900 – diving (lunch provided; 6 hours)/free time  
1030 – brunch (for those not diving)  
1730 – dinner  
1900 – restorative yoga

### Day 4 – Wednesday, December 30, 2015

0730 – juice/smoothies  
0745 – yoga  
0900 – Yela Forest Tour (3 hours)  
1230 – brunch  
1500 – Cultural Exploration (2 hours) – cooking Kosraean soup, weaving (basket, fan, plates), carving  
1730 – dinner  
1900 – restorative yoga

### Day 5 – Thursday, December 31, 2015

0730 – juice/smoothies  
0745 – yoga  
0900 – canoeing Utwe Unesco Biosphere (3 hours)  
1230 – brunch  
1600 – yoga/activity  
1830 – dinner  
2000 – New Year's Party at Pacific Treelodge

### Day 4 – Friday, January 1, 2016

0730 – juice/smoothies  
0745 – yoga  
0900 – Snorkeling Tour (lunch provided; 6 hours) /free time  
1030 – brunch (for those not snorkeling)  
1600 – vision boarding activity  
1800 – dinner  
2000 – restorative yoga

### Day 7 – Saturday, January 2, 2016

0800 – juice/smoothies  
0830 – yoga and closing circle  
1100 – brunch  
1200 – end of retreat



The beginning of freedom is the realization that you are not the “thinker.” The moment you start watching the thinker, the higher level of consciousness becomes activated. You then begin to realise that beyond thought, that thought is only a tiniest aspect of that intelligence. You also realise all the things that truly matter – beauty, love, joy, creativity, inner peace – arise from beyond the mind.

You begin to awaken.  
Eckart Tolle



## Optional Excursions

### [Menke Ruins Trek - \\$35](#)

Located in the very heart of Kosrae, this trek through lush rain forest crosses the Utwe river multiple times. Along the way your guide will point out the various plants that play an important role as local medicinal and food sources. The chambered living quarters, basalt walls and religious platforms of which the Menke Ruins are composed offer a unique look into Kosrae's history. Built years before Lelu, Menke is believed to be the site where ancient Kosraens worshiped "Singlaku" the Goddess of Breadfruit, believed to have the power to produce food during periods of extreme drought. It is said that she fled the island when the first missionaries arrived, although some believe she is still here. Many visitors and locals alike feel the best feature of the Menke Ruins is the Menke Valley itself, which holds one of the last two remaining stands of *Terminalia Carolinensis* in the world.



### [Canoeing in Utwe UNESCO biosphere - \\$35](#)

Very few experiences can compare to the natural wonder and solitude one is a part of when canoeing through a mangrove forest in Utwe, the first UNESCO biosphere reserve established in Asia. Giant monitor lizards, the Pacific reef heron, the red-breasted nectar-eater and a host of other rare and unique flora/fauna will be sure to touch the souls of all that take part in navigating the pristine waters of this fantasy like setting. A glass-like surface will lend itself to revealing an incredible array of marine life below on your guided canoe trip.

### [Hiking Mount Oma with triple falls, Japanese caves and red soils - \\$50](#)

At 1555ft above sea level the peak of Mount Oma is sure to stimulate the senses with some of the most spectacular vistas of Kosrae. Our experienced guide will safely take you through some of the most beautiful sites on the island, surrounded by tropical flora and fauna, cascading waterfalls and mysterious Japanese WWII caves. Keep your eyes open for large monitor lizards sleeping in the canopy, fruit bats hanging upside down from the branches and the Tuhram, Kosrae's state bird on this magnificent hike.

### [Yela Ka Forest Tour - \\$35](#)

Let us guide you through Kosrae's wild and undisturbed Yela Ka forest, which is home to the largest remaining stand of *Terminalia Carolinensis* (locally known as Ka) trees in the world. Native only to Kosrae and Pohnpei, these tall, straight, highly valued trees grow in the lower forests along river banks and in freshwater swampy areas and can reach heights of 80+ feet. It is used for medicine, canoe building, timber for construction and as a source of edible nuts. These magnificent trees dominate the vegetation because of the characteristic water quality of the swamp and the length of time that it is flooded. The mangrove forest that borders the Yela Ka swamp is also relatively undisturbed and equally as brilliant a spectacle.

### [Scuba Diving - \\$135/Snorkeling - \\$75](#)

Join Micronesia Eco Divers for a day of scuba diving or snorkeling in clear, warm water. You'll enjoy the thrill of weightlessness, the colours you may have never seen before, the coral masterpiece, the beautiful creatures, and you'll feel completely safe in the presence of one of our Professional PADI instructors.

This retreat is time for you. Fill it with as many or as few activities as you want. It is an opportunity to go deeper within yourself. Go ahead and find that hidden side that needs to be explored. It's a perfect time to go within.

~ Justina

## Cultural Considerations

- English is the official language of Micronesia, but there are several ethnic languages spoken.
- Christmas Day (Dec. 25<sup>th</sup>) is considered a sacred holiday and the sale and consumption of alcohol is forbidden on this day.
- The majority of locals have a religious affiliation and practice and do not work on Sundays.





### Vision Boarding

*"A vision board is a tool used to help set intentions. It helps to clarify, concentrate, and maintain focus on specific goals and dreams."*  
~Jenny Fenig ([www.jennyfenig.com](http://www.jennyfenig.com))

*Vision boards serve as visual reminders of the things that fuel and inspire us. They are more than simple collages. For some, they represent current focuses, wants and desires. For others, they represent a journey. One's life journey.*

#### Steps for Vision Boarding:

1. **Collect** words and images from magazines, articles, or photographs, that resonate with or inspire you. If you feel energized when you look at an image, it is worth capturing for your vision board. Find what calls to you.
2. **Create** your workshop. It's time to get crafty, so gather up your tools – your board, folder, glue sticks, images, colourful pens, etc., and find a space that will allow you to focus on your vision board.
3. **Try** things out. Think big, dream big.
4. **Create** actionable steps to help manifest and bring your vision to reality.



### Some things to include on your vision board:

people (that you want to meet, work with, or collaborate with; that you admire; that inspire you to grow), elements of your ideal space (home, office), dream travel destinations, places you've been that have shaped you or changed you, things you want to achieve, things you want to obtain, things you want to buy or keep, things that are sentimental to you.





## 6 Ways to Leave a Smaller (Environmental) Footprint

I have had the privilege to travel to so many beautiful places around the world, but my favourite destinations are always those that are a little bit further to get to, a little bit out of the way, and a little bit more untouched. There is little that we can do to avoid any environmental impact when we travel, but by being mindful and aware, we can help to reduce the footprint that we leave so that others can continue to enjoy these pristine surroundings after us. Here are five ways to leave a smaller environmental footprint:

- 1. Avoid travel-sized containers.** Usually, those small, travel-sized containers of shampoos, conditioners, lotions, sunscreens, hair products, and everything else we use, are a traveler's best friend. They take up little luggage space, and are easily discarded. I'm always collecting them for my next destination. However, when packing for destinations with few options for disposal, I often take larger, refillable bottles that decrease in weight as I use the product, but that I won't be discarding along the way. Alternatively, simply remember to take them all back with you.
- 2. Reduce your waste.** Many hotels have several garbage bins (one in the bedroom, one in the bathroom, etc). You can help to conserve at least one plastic bag per day if you only use one garbage bin, and ask that it be changed only when full (or at the end of your stay). If I have non-biodegradable waste (paper, plastics, small containers...) and space in my luggage, I will usually just pack these up in a small Ziplock bag and bring them home where I know I can either dispose or recycle more easily. Cans can be easily crushed by stepping on them and won't add much weight to your suitcase. I find that I am much more mindful of the trash that I'm producing when I know that I'll be carrying it home with me later.
- 3. Reduce and conserve your power usage.** Many of these smaller, lesser-known destinations lack infrastructure to support the lifestyle that we are used to having at home. Turn off all unnecessary lights, and don't keep things plugged in all day. In areas where generators are used, cycle your charging of electronics (iPad one day, laptop the next...). Chances are that you aren't using them as frequently while traveling to such destinations anyway, as getting off the grid is part of the allure of these hideaway places.
- 4. Reduce and reuse glass.** Bottles are often the most difficult to dispose of in areas with no recycling. They take up a lot of space in landfills, and are usually too heavy to take home in your luggage. I've done enough diving to know where most of these end up (if you're on a boat, make sure that you follow the 4 mile rule before placing glass bottles into the sea). Most glass is chemical free, and while seaglass that eventually washes up on the beach can be beautiful, the process it takes to break down is extremely long. Whenever possible, try to reduce your glass bottle usage (although beer drinkers may have few other options) and reuse your bottles (glass is a much better insulator than plastic, so it is a great option for keeping drinks cool or warm for longer).
- 5. Choose biodegradable products.** Many of the shampoos, conditioners, make-up, and soaps that we use contain harsh chemicals that are not only unhealthy for the environment, but also for ourselves. Be mindful what you wash down the drain. Try to choose products that are chemical free, especially when in fragile environments that may not have the water, treatments, and drainage systems to properly "wash away" what you are leaving behind. Sunscreen is particularly toxic to fragile marine life. Avoid wearing it into the water whenever possible, but protect yourself from the sun by wearing a wetsuit, or a cover-up.
- 6. Conserve water.** Fresh water in these areas is often a luxury, so use it sparingly. Avoid leaving the taps running while brushing your teeth, keep your showers short (once or twice a day depending on your activities is all you need), and be mindful of unnecessary toilet flushing.

It's important to remember that wherever we travel, we are guests – guests of the environment, guests of the culture, and guests of the people. It is our responsibility to at the very least, leave each place in a state just as we find it, if not a little bit better than when we arrived.

## How To Create a Retreat at Home

- 1. Create time.** This has to be uninterrupted, 100% you time. Mark it off on your calendar. Bold it. Circle it. Look forward to it.
- 2. Create space.** Find a private, quiet space in your home. Make it clean, comfortable, and inspiring.
- 3. Create silence.** Turn off your phone, the television, your computer, and other distractible noises. Replace these with silence, or a quiet, calm, playlist of meditative sounds.
- 4. Create energy (positive of course).** Start your day with some meditation, yoga, a slow walk, a massage, or spend time in nature to create awareness, focus, and energy. Choose something that clears your head and leaves you feeling light and happy.
- 5. Create nourishment.** Nourish your body and your soul. Start with some of your favourite healthy foods and snacks and keep yourself fueled with fresh herbal teas.
- 6. Create focus.** Try lighting a candle in your space. Set intentions for your retreat, your day, or whatever time you've been able to set aside for yourself. Intentions come from your heart and provide a vision from which you can set goals.
- 7. Create a field of gratitude.** Take the time to acknowledge and appreciate the things that you are grateful for, that inspire you, fuel you, wake you up, and ignite you.

*Thank you for retreating with us. We hope that you return home safely, well-rested, and rejuvenated.*







