



The Painting Experience at the Hui Ho'olana

The pristine setting of the Hui Ho'olana provides the opportunity to break from the pace and pressure of busy lives. The foundation of this retreat is deep relaxation and creative awakening — in the painting process, in the nurturing environment, in small group interactions and in opening to the unknown on many levels.

Hui Ho'olana is truly a magical experience of "old Hawaii" that gently yet insistently quiets the heart and soothes the soul. Stewart's workshop is the only one held on the grounds during this period, and the entire staff is devoted to providing a quality experience on all levels.

We feel very lucky to have the opportunity to offer this residential retreat to you. We believe it's a perfect safe haven for the profound personal inquiry at the heart of the painting experience.

To learn more about Molokai and Hui Ho'olana visit: www.huiho.org.

Location

The Hui - situated in a lush part of the island - has an expansive view of Maui, Lanai and the surrounding islands, and always seems to be graced by a nearby rainbow.

During breaks, we relax in the rock swimming pool, hike, snorkel, and explore the island beaches. Shopping is done in small, friendly businesses in Kaunakakai, the largest town, and in the villages of Kualapu'u and Maunaloa.

The retreat center sits at 1300' above sea level providing fantastic views and excellent cool breezes and comfortable weather. It also inevitably means we are a distance from the beach. We recommend an estimated 30-45 minutes each way as a driving time to visit our safe swimming beaches. Beach trips can be made during breaks in painting sessions but a rental car (possibly shared) can help in making such excursions.

Environment

At *Hui Ho'olana* you can look forward to an experience that is simple and close to the earth. Pretend you are going to camp and remember to bring the following:
a flashlight, water bottle, slip off shoes, and a beach towel (we provide personal towels)

Please bring either checks or cash as *we do not take credit cards* for either our Gallery or massage therapist – and we don't sell toiletries, so be sure to bring your own.

Be prepared for natural, uneven walking trails as you go to the painting studio, the shower houses, cabins and the main lodge. This requires some fitness and a willingness and ability to hike short distances up a gradual incline. For those staying in cabins, and for the staff as well, it is a short walk to the bathrooms.

There are no steep hills but the painting studio is about a five minute walk downhill from the lodge, which means it is five minutes back up the hill after each session.

Bathing under the stars in one of our outdoor tubs is an opportunity not to be missed!

Accommodations

You will stay either in the historic hunting lodge that was originally part of the Cooke family estate (who at one time owned a good portion of the island of Moloka'i) or in one of the numerous comfortably rustic cabins spread throughout the tropical rainforest.

The painting studio, a tranquil yurt surrounded by native Hawaiian flowers and trees, provides an idyllic, sacred space for your internal exploration. The lodge bathrooms are shared amongst several participants, the outdoor bathrooms are as much as a few minutes walk from cabins on what can be uneven ground and unlit paths at night.

It is very quiet on Molokai and especially at the Hui. As is typical in the tropics, the buildings are single wall construction. Unless you are a couple, you will probably have a roommate. Therefore, simple noises can seem louder than usual. If you are a sensitive sleeper, bring earplugs.

We can supply yoga mats for stretching. There are no guest laundry facilities. We suggest you bring things that can be washed by hand and line dried.

Food

Professional chefs prepare the exquisite food at the Hui. The menu is exceptional! Fresh tropical fruits and vegetables from their organic gardens are featured, as are native fish and other exotic specialties that have become such a memorable part of the Hui experience.

The lodge serves real coffee, grown right on Molokai, as well as a selection of teas and juices. Soda and alcoholic beverages are not provided, you may bring your own. (There is a good wine store in town).

The Hui does not have the appropriate staff or facilities to accommodate unusual dietary needs. Please refer to the Hui Food Service toggle on our website for more details.

What to Bring

Casual comfortable clothing *

Pants (2 pair, lightweight, loose fitting)

Shorts (2-3 pair)

T Shirts

Long sleeve cotton shirt (1-2)

Comfortable sun dress, pareo/sarong, or skirt if desired

Sweater or sweatshirt for cooler evening temperatures

Windbreaker/lightweight rain jacket

Good walking shoes (lightweight hiking boots or tennis shoes with good tread)

Shoes that slip off and on easily (sandals, clogs or flip-flops) It is a Hawaiian tradition to leave shoes outside when entering the home. You can wear shoes in the painting studio.

Swimsuit (1-2)

Sunglasses

Sun hat or baseball cap

Bandana

Journal or notebook and pens

Flashlight!!! (w/extra batteries)

Toiletries and personal items

Sunscreen, lip balm, Insect repellent

Small back pack or beach bag

Water bottle

Camera, batteries, charger

Earplugs (handy for airplane as well as potential snoring roommates)

Checks or cash for purchases in the Gallery or for (optional) massage

Don't forget your prescription medications! (If applicable)

*It is almost impossible to keep the red dirt of Molokai off your clothes. We recommend leaving white/light colored clothing at home. Bring well worn and comfortable items.

OPTIONAL: For those who want to sleep outside or are camping afterwards:

Sleeping bag; Sleeping bag liner or cotton sheet; Sleeping pad (Enslite or Thermarest)

Pillow and pillow case; Tent and ground cloth (for possible rain showers at night)

Community

Hui Ho'olana is a small and caring community of – *na ohana hoaloha* – a family of friends. You will be asked to participate in *Karma Yoga*, which represents time offered to support the needs of your retreat and is an intrinsic part of living in community. You will each be given a small job like sweeping a deck or wiping down the tables after meals. We greatly appreciate your willingness to help in this way during your stay at Hui Ho'olana.

The address where you will be staying is: Hui Ho'olana Retreat Center

c/o Rik Cooke, PO Box 280, Kualapuu, Molokai 96757 Phone: 808-567-6403