



Angles Magazine, YogaFit
Pure Kauai is "Pure Paradise"
by Beth Shaw

Here's how it works – you plan what you want to do – hike, surf, canoe, bike, cooking lessons and they plan it all for you, pick you up and drive you to it –like camp for adults. I liked the idea of someone else doing the planning and logistics for a change! Even better was the idea of not renting a car, having food cooked in our hotel suite and having the activities planned for us. It was minimal mind work but lots of bodywork – did I mention massages were involved? We arrived on Thursday night and were greeted at the Kauai airport with fresh leis, driven to our ocean view hotel, and a light dinner was waiting. Rose petals were strewn about the floor and there was a scented candle, journals and a frame to hold our precious memories.

We awoke the next morning to a fabulous view of the North Coast and birds chirping. Since we were on west coast time (or was it east coast having just returned from two weeks in New York City?) we were up with the early birds – enough time for a beach walk before breakfast. Then it was time for my first surf lesson, all the yoga helped and I was up on the board the first time. Did I mention the board was still on the sand – a testament to a great surf instructor who coached me for a good 45 minutes before we even hit the waves. The next few days brought an 8-mile hike to a waterfall, kayaking, swimming, lots of great Zone meals and time for reading, relaxing and doing yoga. We had some outstanding bodywork, met with a relationship coach, took a cooking lesson and even skipped a couple of the planned activities so we could do more of nothing. We had four fabulous days!

If you like a variety of activities, want to skip the restaurants and the tourists; this is the trip for you. I suggest giving Pure Kauai a try. The food is healthy and light, the guides are friendly and the location is pure paradise.

For more information, log onto www.purekauai.com.