**WORKSHOP INFORMATION / DIRECTIONS**

**INFORMATION:**

**Coming Home to the Wisdom of the Body** starts at 10:00 am and ends around 6pm. We will start on time, please arrive accordingly.

**What to Bring:**

Bring a note book, a lunch and any supplement or food you want to test. Lunch can also be purchased in town.

Wear loose, comfortable clothing.

**Payment:**

Pay with PayPal or mail a check to Dr Alvita Soleil PO Box 491 Hawi, HI 96719

**Others:**

This is a precious time for you, please turn your cell phone off or leave it in your car.

**DIRECTIONS:**



**Physical address:**

**56-2995 Old Coast Guard Road**

**(808) 889-0770**

**From Queen Kaahumanu Hwy at Kawaihae intersection**

* Turn left toward Kawaihae/Hawi (toward the ocean)
* In about 2 miles you will enter the small harbor town of Kawaihae.
* Turn right at the first intersection and travel approximately 16 miles toward the old Hawaiian town of Hawi.
* As you drive along the beautiful Kohala Coast Road 270, pass Lapakahi, Mahukona and Kapaa
* From Kapaa (exactly 2.8 miles), you will turn left onto Old Coast Guard Rd
* Turn immediately right (no street name)
* Alvita’s house is the last house at the end of the short road

 **From Waimea from the upper road**

* From HPA turn right on the “mountain road”. Travel about 22 miles
* Turn left at the Hawi intersection on Akoni Pule Hwy(gas station on your right)
* Drive 2.4 miles and turn right onto Old Coast Guard Rd
* Turn right at the first road (no street name)
* Alvita’s house is the only house at the end of the short road.
* Park on the grass outside the driveway

**For further questions, feel free to contact Alvita Soleil at 889-0770**

**We are looking forward to seeing you.**