



Ke Ala Kahiko

A Center for Healing, Education, and Spiritual Growth
Rooted in the Traditions of Hawai'i



Po'ohuna

Exploring the Divine Mysteries

Uniting Ku and Lono

Expanded 7-Day Training

September 19-25, 2009 in South Kona, HI



This **expanded 7-day Intermediate Level Training** is a continuation of the Initial Class taught by Kumu Kaleolani or Kumu Pono. The focus is on increasing your depth of knowledge and your relationship with each of the elements.

We will arrive in Hawaii during the time when Ku begins to step back giving space for Lono to return to the island by canoe with the rising of Makali'i (the Pleiades) for the four month season of healing, peace, and harvest.

This is a great opportunity for you to build a stronger relationship with Akua Lono as you come to know more of his ways, shared through Pono as it was given to him by Kahu Lanakila Brandt. Through talk story, exercise practices, excursions to sacred sites, making of traditional offerings, and ritual, you will move more deeply into the sacred Hawaiian traditions of spirituality, healing, culture, and language.

There will be a strong emphasis on Hawaiian Cosmology, Ho'otuanoo (meditation), Ho'omana (mana generation), and na oli a me pule (chant and prayer) from the Lono perspective as well as traditional Ku intermediate level training.

While the details are subject to change, we are scheduled to visit:

- * Pu'uuhonua O Honaunau (Place of Refuge)
- * Waipi'o Valley
- * Kealakekua Bay (the Gateway of the Gods)
- * Halema'uma'u (the Home of Pele)
- * Optional Trip to the Summit of Mauna Kea for Sunset and Stargazing

In addition to learning to work with mana to build a strong internal space, you will be working to expand your volumes and purity of the elemental energies as well as gaining effective control of those elements.

Register Today by calling: 630-926-5891 or at www.kealakahiko.com

Only \$750 for an extraordinary seven-day program!

Cost does not include airfare, ground transportation, lodging, meals, or park entrance fees.

ONIPA'A I NA MO'OLELO KUAPAPA

Ke Ala Kahiko • 165 S. Church Street • Winfield • IL • 60190
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2009 Workshop Schedule

Jan 23	The Essence of Aloha Lecture Moloka'i, Hawaii
Feb 3	The Essence of Aloha Lecture Sacred Garden, Makawao, Hawaii Maui
Feb 20	The Essence of Aloha Lecture Life Balance Center, Naperville, Illinois
Mar 19-22	Initial Level Training Wheaton, Illinois
Jul 22	The Essence of Aloha Lecture Trinity Ctr for Spiritual Living, Decatur, GA
Jul 23-26	Initial Level Training Atlanta, Georgia
Jul 31-Aug 2	Advanced Apprenticeship Training Winfield, Illinois
Aug 13-16	Initial Level Training Lighthouse Center, Winfield, Illinois
Sept 11	The Essence of Aloha Lecture ARE Wellness Ctr, Scottsdale, Arizona
Sept 15	The Essence of Aloha Lecture Unity Church, Sedona, Arizona
Sept 19-25	Expanded 7-day Intermediate Training Kona, Hawaii

Would you like to have Rick present this workshop for your group or school? Rick Vrenios is available for half-day, full-day, and 3-1/2 day programs to fit your group's needs. Contact Ke Ala Kahiko for more information:

Telephone: 630-926-5891
E-mail: info@kealahikohawaii.com

About Your Instructor



Rick Pono'uhane Ho'okuakua Vrenios is a former resident of Kona in Hawaii, now living on the mainland near Chicago.

Told, "You are the one I've been waiting for", Rick was hanai'd as the son of a well-respected native Hawaiian Kahuna and

charged with the responsibility to carry on the traditions of his adoptive ancestry.

Under the guidance of the late **Kahu Lanakila Brandt**, Rick received one-on-one training in the practices of La'au Kahea and Po'ohuna (Spiritual Healing and Divine Mysteries) in the Order of Lono. He also continues to have the privilege of ongoing training in the traditions of the Medical Kahuna with **Kahu Ed Kaleolani Spencer** in the Order of Ku.

Rick was initiated as Kahu O Mana in 2004 and is an authorized teacher and practitioner of Hawaiian spiritual healing. Rick maintains a private practice with clients ranging from professional athletes, world-class dancers, to members of two royal families. Rick has written 2 books, published numerous audio CD programs.

Rick has been a speaker and educator teaching throughout the United States and in Europe, and his educational programs attracted participants to his programs from 49 states and 16 different countries.

He co-founded Ke Ala Kahiko, a center for preserving and continuing the education, healing, and spirituality of Hawaii based on the teachings entrusted to him.

YES! Please register me for Hawaiian Elemental Healing on _____.

Enclosed is my non-refundable registration fee of \$300.00 (The remaining \$450 is due at the door)

Or, enclosed is \$750 as paid in full. I agree registration is non-refundable.

Check Check Number _____

Visa

MasterCard Credit Card Number _____ Expiration _____

American Express Cardholder's Name _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ E-mail: _____

Signature: _____ Date: _____