

## Mindful Wellness Retreat Invites Guests to Half-day Wellness Series to be Held at The Westin Princeville Ocean Resort Villas

KAUA'I, HI, May 31, 2016 – [The Westin Princeville Ocean Resort Villas](#), a rejuvenating escape on the island of Kaua'i, announces the launch of its Mindful Wellness Retreat, a series of half-day programs focused on wellness of the mind and body. The program features meditation, Kundalini yoga and a nourishing meal to engage participants seeking wellness during their travels. Held on select dates from June through August, 2016, the program is open to the public and is ideal for advanced yoga practitioners as well as first-timers. The cost is \$110 per person and includes the wellness programming, a light lunch, an after-class refreshment, tax and gratuity.

The Mindful Wellness Retreat commences at 10 a.m. with a guided meditation session that sets the intentions of the day's programming and guides participants to experience the program's beautiful ocean-view setting through the sounds of Kaua'i. An hour-long Kundalini yoga session follows on a coastal bluff, 200 feet above the Pacific Ocean. Referred to as the "yoga of awareness," Kundalini yoga focuses on breath and movement that challenges students both physically and mentally to achieve elevated awareness and physical fitness.

At lunch, a healthful selection featuring Westin Superfoods awaits. Students explore the connection between yoga and the aloha spirit, and discuss the mental, physical and emotional benefits of yoga.

A second hour-long session of yoga and guided meditation follows, emphasizing core awareness that builds balance, strength and flexibility. Deep relaxation is achieved through the healing sounds of the Tibetan bowl and Kosmosky drum.

The programming concludes at 2:30 p.m. with a Westin Fresh by The Juicery cold-pressed juice in the resort's Princeville Market. The rest of the day is open for participants to explore and discover Kaua'i's natural beauty and charm.

The Mindful Wellness Retreat is hosted by Kundalini yoga instructor and Kaua'i native Noah Peragine, who also leads the resort's regularly scheduled yoga and guided meditation lessons. Peragine first began yoga with a broken leg, and encourages people of all ages and fitness levels to experience the ancient practice in Kaua'i's revitalizing setting and elevate what he calls "present moment awareness."

The Mindful Wellness Retreat will be held from 10:30 a.m. to 2:30 p.m. on June 6 and 20, July 4 and 18, and August 1, 15 and 29. For more information or to make a reservation, visit [westinprinceville.com](#) or call 808.827.8808.

### About The Westin Princeville Ocean Resort Villas

Located along a lush bluff 200 feet above breathtaking Anini Beach and the sparkling blue Pacific Ocean, The Westin Princeville Ocean Resort Villas blends into its serene surroundings along Kaua'i's coastline. Guests enjoy stylish studio, one- and two-bedroom villas adorned with instinctive Hawaiian touches and the comforts of home that inspire them to relax and rejuvenate. Additional resort features include four revitalizing pools, a two-story clubhouse, a signature restaurant, poolside bar & grill and general store. Westin staff perpetuates the aloha spirit and the rich traditions of Hawai'i with gracious hospitality and personalized service. The resort does not charge a daily resort fee. For more information, call 808.827.8700 or visit [westinprinceville.com](#).