



Princeville Ranch Adventures

reservations: 808-826-7669 • fax: 808-826-7668

email: info@princevilleranch.com

www.princevilleranch.com

Private Horseback Ride with Yoga (3 hours)

The Lokahi (Harmony) Ride

Effective January 16, 2012

Experience *lokahi* (harmony) on a pristine private ranch! Our Yoga Instructor will be your guide on this unique private ride, designed to enhance the rider-horse connection. Using breath and balance will foster awareness and increase confidence—for both you and your horse. You will also enjoy quiet time at a peaceful location, tucked away deep into the Ranch. This secluded area offers stunning views of interior valleys and mountains.

The Lokahi Ride begins with centering and stretching, followed by more stretching together with your horse. As you ride across our working cattle ranch for an hour, your guide will share breathing, communication and alignment techniques, deepening the rider-horse bond. Then we'll stop at our special hidden location for 30 minutes of standing yoga poses and meditation (according to your interest), plus a healthy snack.

After soaking up the sweeping scenery, you'll mount up to ride back across the ranch for an hour. As this unique experience draws to a close, there will be ample time for reflection. You'll recognize the *lokahi* gained on this unique private ride!

What to Wear & Bring:

- Completely closed shoes are required (tennis shoes or hiking boots). No Crocs or aqua shoes. Rental shoes available (all-terrain @ \$5.00 per pair).
- Long pants & hat recommended

Tour Fee Includes:

- Experienced guides
- Healthy snack
- Drinking water
- Yoga mat

Our Guides Are:

- CPR & first aid certified
- Well educated on Hawaii's history, flora & fauna

Our Guides Carry:

- Two-way radios
- First aid kits

Please call to arrange a private ride.

Available Tuesday and Friday.

check-in 8:30

Ages 8 & older in good physical condition. Maximum weight 250 pounds. Maximum height 6'5". Height-to-weight ratios apply. Please call for details.

Pricing:

\$245 per person + tax

Information needed for all riders:

- First name
- Age
- Body weight & height
- Experience level: beginner, intermediate, experienced

We accept Master Card, Visa, Cash & Travelers Checks

Please note that our tours go out rain or shine

Cancellation Policy

48-hour notice of cancellation for groups of 5 or less.

72-hour notice of cancellation for groups of 6 or more.

Cancellation/changes or no-shows that fall outside of these policies will be charged the FULL AMOUNT of the tour.

Check-in Office Location: One mile from the Princeville Airport on the ocean side of Kuhio Highway. (Highway 56) in Princeville. Look for the green & yellow flags & the Princeville Ranch Adventures signs.