

Joining us for our upcoming iRest® immersion to be held in Kailua, Hawaii on the island of Oahu September 7-9, 2018? This document includes details about the event and helpful travel tips if you are coming from off island.

The immersion will be held at the Mid Pac Country Club. You can find details about the location at <http://www.mpcchi.org/>

Address for Immersion

Mid Pac Country Club
266 Ka'elepulu Drive
Kailua, Hawaii 96734

Schedule: September 7-9, 2018

Friday, September 7

Registration 5:00 - 6:00PM

Program 6:00 - 8:30PM

Saturday, September 8

9:00AM - 4:00PM Saturday (w/ 75 minute lunch midday)

Sunday, September 9

9:00AM - 5:00PM Sunday (w/ 75 minute lunch midday)

Lunch is not included. You may, however, purchase lunch at the Mid Pac Country Club or visit nearby restaurants and cafes (details to follow). You are always welcome to bring your lunch and enjoy the beautiful grounds at Mid Pac or take a short walk and have lunch at the beach while you enjoy this beautiful view of the Mokulua Islands (pictured to the right).



Travel Information

Air Travel

Fly into Honolulu, Hawaii on the island of Oahu. Most all of the major airlines, including international flights, fly into Honolulu as do some of the smaller airlines. You might also check out Alaska or Hawaiian Airlines, two of the smaller airlines which often have great rates, especially from the West Coast of the U.S.

Lodging:

- The immersion will take place in Kailua, on the Eastern side of Oahu. Mid Pac Country Club is in the seaside town of Kailua, specifically located in a neighborhood called “Lanikai.” There are lots of hotels in Waikiki and Honolulu which are about a 34-45 minute drive from Lanikai depending on where you stay and the traffic. Please note, there are *no hotels* in East Oahu. You can, however, find lodging in this area via [AirBnB.com](https://www.airbnb.com) or [VRBO.com](https://www.vrbo.com). We recommend using these sites and searching for vacation rentals in Kailua or Lanikai if you prefer nearby accommodations.
- Other recommended sites to search for nearby lodging are:
<http://www.beachhousehawaii.com>
[/https://lanikaibeachrentals.com/](https://lanikaibeachrentals.com/)

Military Lodging: If you are a military ID card holder (or sponsored by someone who is), you can find discount lodging at the following locations. They are listed in general order of proximity to the training site:

Marine Corps Base Hawaii

<http://mccshawaii.com/lodging/>

Bellows Air Force Station

<https://www.bellowsafs.com/lodging-rentals>

Navy Lodge Peal Harbor

https://www.navy-lodge.com/lodge_page.html?p_lodge_number=19

Fort Shafter Lodging

<https://www.ihg.com/armyhotels/hotels/us/en/fort-shafter/mftra/hoteldetail>

Inn at Schofield Barracks

<http://www.innatschofield.com/wahiawa-hotel-general-information.php>

Military Lodging (continued):

Pililaau Lodging at Pokai Bay

<http://pililaauarmyrecreationcenter.com/>

Rental Car

If you plan on renting a vehicle, there are several companies at the Honolulu airport and in Waikiki where you can rent a car. There are several shuttle services listed below, as well as local cab companies, Uber and Lyft to offer you rides to/from the airport to Waikiki and Kailua.

King Airport Shuttle	www.kingairportshuttle.com
Aloha Airport Shuttle	www.alohaairportshuttle.com
Oahu Airport Express	www.oahuairportexpress.com

There is ample, free parking at Mid-Pacific Country Club designated for GUESTS.

Lunch Options: Dining in Lanikai and Kailua

We have a 75-minute lunch scheduled on Saturday and Sunday. There is an on-site restaurant at the Mid-Pacific Country Club for your dining pleasure. We recommend you purchase food at the on-site restaurant or from one of the local markets/restaurants and bring it with you to enjoy either on the country club grounds or at Lanikai Beach which is a short walk away. There are several suggestions listed below where you can purchase ready-made items, with vegetarian/vegan options, as well as sit-down restaurants. This list is not exhaustive, but provides a few options to consider.

Mid Pac Country Club in Lanikai

You may purchase lunch on-site at the beautiful country club where the immersion is held. *Please see the attached menu* which lists the available lunch items and pricing. Orders may be placed in the morning prior to the start of the daily session and will be ready for you at the beginning of the lunch break. **CASH ONLY.**

Kalapawai Market in Lanikai

306 S Kalaheo Ave, Kailua, HI 96734

To-go items as well as take-out orders for breakfast and lunch are available:

<http://www.kalapawaimarket.com/wp-content/uploads/2005/12/Kalapawai-Market-Menu-630-7PM.pdf>

Buzz's Steakhouse in Lanikai

<http://www.buzzsoriginalsteakhouse.com/lanikai/>

Available for lunch and dinner, sit-down only, reservations highly recommended.

In the town of Kailua, approximately a 10-min drive from Lanikai, there are a number of restaurants, coffee shops, and two other grocery stores including Safeway and Times Supermarket. Listed below are some vegan and vegetarian-friendly options:

Leahi Health

481 Kuulei Road, Kailua, HI 96734

<http://www.leahihealth.com/>

Vegetarian take-out with vegan and gluten-free options

Whole Foods Market

629 Kailua Road, Suite 100, Kailua, HI 96734

<https://www.wholefoodsmarket.com/stores/kailua>

The Beet Box Cafe

46 Ho'olai Street, Kailua, HI 96734

<https://www.thebeetboxcafe.com/menu>

Vegetarian dine-in/take-out with vegan and gluten-free options

Down to Earth

201 Hamakua Drive, Kailua HI 96734

<https://www.downtoearth.org/our-stores/store-locations/kailua-oahu>

Local Organic & Natural Food store & take-out cafe

Parking at Mid Pac Country Club

Parking at the Mid-Pacific Country Club is free and there is ample space. Please park in the lot marked **GUESTS** and walk up the small hill to the entrance at the roundabout with the flag pole. You will see signs inside directing you to the ballroom where registration is occurring.

Items to Bring to the Event:

- Please feel free to bring whatever items will allow you to rest comfortably for movement, breathing and meditation practices, including a yoga mat, blanket, pillow, eye bag or small towel, socks, cover-up, and any other props. The body temperature does drop during relaxation practices and the room is air-conditioned so please bring layers to ensure your comfort.
- Mid-Pacific Country Club has some yoga mats, yoga straps and yoga blocks available for use and there will be a limited number of blankets available for those traveling from off-island.
- You will have access to the Country Club facilities during the lunch break, so if you would like to take a dip in the pool or stroll down to the beach (only .2 miles away!), feel free to bring your suit, a towel and plenty of reef-safe sunscreen!

If you have further questions about the location, schedule, or travel for this event, please contact Christina Finley at christina@warriorsatease.org.

If you have questions specifically related to iRest, please contact Stephanie Lopez at stephanie@irest.us.

Thank You & Aloha!

Warriors at Ease

www.warriorsatease.org