

Join us for an upcoming iRest® Level 1 Training on the island of Oahu January 16-21, 2019 hosted by Warriors at Ease. This document includes details about the event and helpful travel tips if you are coming from off island.

The training will be held at the Lotus Hotel in Honolulu located at:

2885 Kalakaua Avenue  
Honolulu, HI 96815

Discounted rates are available for iRest participants.  
Please call the Lotus at (808) 954-7420 to secure a discounted room during the event.

**Schedule ~ January 16-21, 2019**

**Wednesday, January 16**

5:00 - 6:00 PM registration

6:00 - 8:30 PM program

**Thursday, January 17**

8:15 AM - 6:00 PM program

(90 minute lunch)

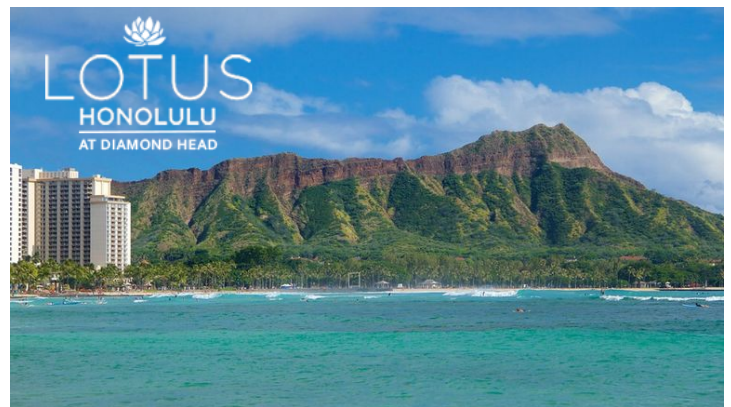
**Friday - Sunday (January 18-20)**

8:30 AM - 6:00 PM program

(90 minute lunch)

**Monday, January 21**

8:30 AM - 12:30 PM program



## **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 training will take place at the Lotus which is an oceanfront hotel in Waikiki (the tourist district in Honolulu). There are LOTS of hotels in Waikiki and Honolulu, and we encourage you to shop around if you do not want to stay at the Lotus. There are many hotels walking distance to the Lotus. Plus there is public transportation and rental bikes if you don't want to walk or rent a car.
- You can also find lodging in this area via [AirBnB.com](https://www.airbnb.com) or [VRBO.com](https://www.vrbo.com). (Search in Waikiki and/or Diamond Head).
- **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](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>

#### **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.

King Airport Shuttle	<a href="http://www.kingairportshuttle.com">www.kingairportshuttle.com</a>
Aloha Airport Shuttle	<a href="http://www.alohaairportshuttle.com">www.alohaairportshuttle.com</a>
Oahu Airport Express	<a href="http://www.oahuairportexpress.com">www.oahuairportexpress.com</a>

## **Items to Bring to the Event:**

Please 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.

The hotel is near a great beach to swim, surf or sun bathe, and it is across the street from Kapiolani park with a nice walking trail. You might bring a suit, sunscreen, water bottle, and/or walking shoes to enjoy the beautiful outdoors on your lunch break!

If you have further questions about the location, schedule, or travel for this event, please contact Alli Houseworth at [AlliHouseworth@gmail.com](mailto:AlliHouseworth@gmail.com).

If you have questions specifically related to iRest, please contact Stephanie Lopez at [stephanie@irest.us](mailto:stephanie@irest.us).

Thank You & Aloha!

***Warriors at Ease***

[www.warriorsatease.org](http://www.warriorsatease.org)