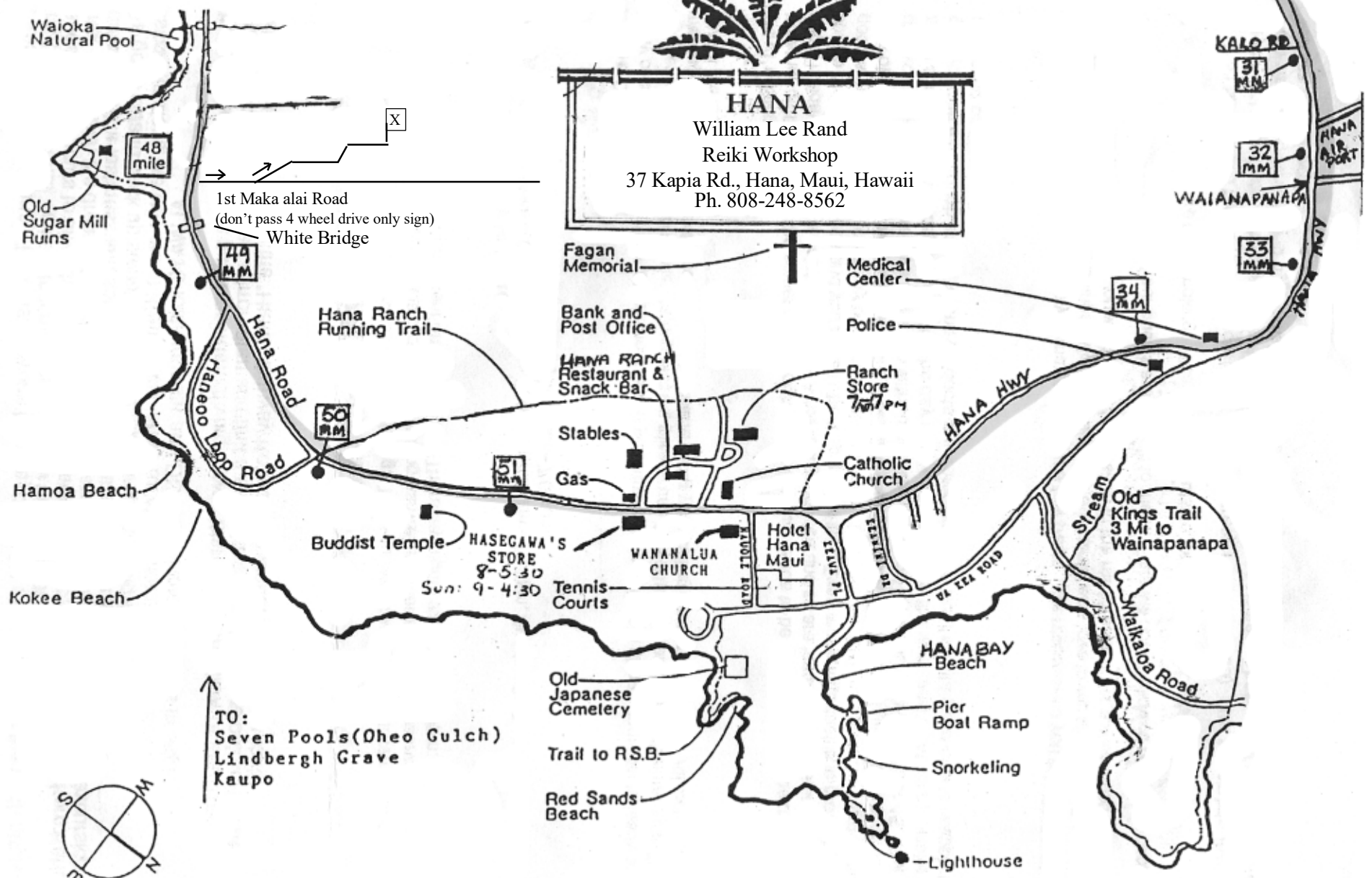




HANA

William Lee Rand
Reiki Workshop
37 Kapia Rd., Hana, Maui, Hawaii
Ph. 808-248-8562



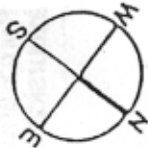
Waioka Natural Pool

Old Sugar Mill Ruins

Hamoia Beach

Kokee Beach

TO:
Seven Pools(Oheo Gulch)
Lindbergh Grave
Kaupo



KALO RD
31 MM

32 MM

33 MM

Old Kings Trail
3 Mi to
Wainapanapa

HANABAY
Beach

Pier
Boat Ramp

Snorkeling

Lighthouse

Fagan
Memorial

Medical
Center

Police

Bank and
Post Office

HANA RANCH
Restaurant &
Snack Bar

Ranch Store
7 AM - 7 PM

Stables

Gas

Catholic
Church

Buddist Temple

HASEGAWA'S
STORE
8-5:30
Sun: 9-4:30

Tennis
Courts

WANANALUA
CHURCH

Hotel
Hana
Maui

Old
Japanese
Cemetery

Trail to R.S.B.

Red Sands
Beach

1st Maka alai Road
(don't pass 4 wheel drive only sign)
White Bridge

48 mile

49 MM

50 MM

51 MM

Stream

Waiakaloa Road

HANA HWY

Hanao Lopp Road

Hana Ranch
Running Trail

WAINAPANAPA

HANA
AIR
PORT

Workshop directions

The address is 37 Kapia Rd., Hana, HI 96713 - phone 808-248-8562. Use Google Maps.

1. Get a Maui road map and use it. One good guide book to get is Maui Revealed.
2. The workshop will be held at Maluhia Lani, the Maui Reiki Center which is a round house you can see from the Hana Hwy on the right when you're near Hamoa Rd. (It now has a new bedroom on the side so it isn't entirely round)
3. Driving from Paia, the road quickly changes into a very slow, twisty road with multiple switchbacks and speeds between 10-25 mph. This is a very slow, but very scenic road and best driven for the first time during the day. It gets dark about 5:30pm in the Winter and the drive takes about 2 hours, so it's best to leave no later than 3:00pm.
4. As you enter the Hana area, you will approach a fork in the road - but actually more like a right turn This is just after the Medical Center on the right and the Hana Police station is on the corner. Turn right. Enjoy the short ride through Hana Town. The Hana Hotel and then the old Hasagawa general store is on your left and then the only gas station on your right. This marks the end of Hana Town. After Hana, the mile markers change and begin at 51 and go down. It is about 3 miles to the next turn. Watch for mile marker 49 which is just before a small white bridge. (Bridge may be a little dirty and not look white)
5. Go over the small white bridge and turn at Kapia Rd. which is the first dirt road on the right. Drive very slowly as this is a residential area and the road is dusty. Don't exceed 10 mph.
6. You'll see the first driveway on the left, then you'll see a slightly larger driveway on the left angles up. This is the driveway to the Center. (If you come to the sign that says "4 wheel drive only" you've gone too far on the first dirt road, turn around or back up and then go up the 2nd drive as mentioned previously.) Continue to drive at 10 mph past a few houses on the left.. You'll come to a gate which should be open. On the right side of the gate is the address 37 Kapia and an arrow. Keep going. The driveway is about 1/2 mile long. Continue up the driveway and near the top the road makes a sharp 90 degree left turn. The address is 37 Kapia is on the post. Continue through the second gate and you'll see the Center - a round 2 story house. Park in the back.
7. Note: The driveway is used by others. Please carpool if possible with other students to minimize the amount of traffic on the road. Always drive slowly on the dirt road and driveway.
8. Class starts at 8:30am on the first day and 9am on the second and third days and will go to about 6:30pm. On some days we'll be taking a long lunch of about 2 hours or so during which time we can go to the beach.
9. Remember to bring bug spray, sun tan lotion, hiking or walking shoes that can get wet, swim suit, towel, camera and so forth.
10. Student activities outside the classroom such as going to the beach, swimming in the ocean, hiking and so forth are not mandatory and are done at the students own discretion and at the students own risk. Note you are also required to sign a waiver which will be sent to you or be available at the beginning of class.