



WOMEN OF THE MIDWEST
Travel Solo Together

GROUNDED KAUAI, HAWAII

with Women of the Midwest

September 28 - October 3, 2026



Dear Women of the Midwest,

In Hawaii, wellness isn't just a practice—it's a way of life. It's woven into everyday moments and deeply rooted in a connection to the ocean, the land, and one another. Island life gently invites you to slow down, breathe deeply, and reconnect with what truly matters. From the moment you arrive, you'll feel this spirit surrounding you, held by breathtaking natural beauty and a sense of ease.

One cherished island ritual is pausing at sunset—a sacred time to unwind, reflect, and simply be. Whether through a quiet beach walk or watching the sky melt into shades of gold and pink, these moments offer a gentle invitation to rest, restore, and connect—both inwardly and with each other.

This retreat is thoughtfully designed to nourish you—body, mind, and spirit. Through grounding practices, mindful movement, and peaceful moments of stillness, you'll have space to replenish your energy and return home feeling refreshed, centered, and inspired.

And of course, there will be joy and adventure along the way. We'll share laughter, meaningful connection, themed grounding sessions, mountain tubing adventures, a catamaran cruise, and so much more—creating memories that will stay with you long after the journey ends.

I am truly honored to guide you on this unforgettable experience. By choosing this retreat, you've chosen yourself. Now is your time to relax, recharge, and fully embrace each beautiful moment.

In loving health,
Andrea Young, MS LIMHP
Ambassador for Grounded
Women of the Midwest



Call Executive Travel's Group Department today at 888.549.1186. Space is limited.

Healthy Local Food



Stunning Natural Beauty



Fun Souvenirs



Sunset Cruise



Our goals for Grounded are to learn tools to:

- Become Grounded in wellness, goodness, happiness, and joyfulness.
- Learn the importance of our five senses in our daily lives.
- Enhance physical relaxation, mindfulness, and being present.
- Find purpose in your current situation.
- Create an action plan to incorporate what you have learned.

Day 1 - Monday - September 28, 2026

Arrive in Kauai & Welcome Dinner

Today, we arrive in beautiful Kauai and transfer to our stunning beachside hotel. A welcome dinner is served and after dinner, we will meet with Andrea and delve into what we have in store for the week, begin our media detox, and hand out welcome goodies. Take an evening walk on the beach or relax in your room. **D**



Magical Beaches



Refreshing Drinks

Day 2 - Tuesday - September 29, 2026

South Shore Sunset Sail

Grounding is the practice of connecting directly to the Earth's natural electrical energy. Rooted in the theory that the Earth's electrical charges can have a positive impact on overall well-being, grounding can be as simple as walking barefoot outdoors, lying in the grass, or running your fingers through the soil. Ever notice how calming gardening feels? This may be why. During our time together, we'll explore the benefits of grounding and share easy ways to incorporate it into your daily routine.

This afternoon, your adventure continues as your guide picks you up for a scenic drive to the charming Port Allen Harbor, where your catamaran cruise along Kauai's stunning South Shore awaits. This region is celebrated for its golden beaches, dramatic lava rock formations, and crystal-clear turquoise waters.

Prepare to be amazed by one of Kauai's most unforgettable experiences—a breathtaking sunset set against sun-drenched cliffs and sweeping ocean views. This excursion pairs a comfortable catamaran cruise through calm, protected waters with snacks and drinks to enjoy alongside new friends. Relax onboard as you take in the astonishing coastal scenery and keep an eye out for incredible wildlife sightings. It's a beautiful moment you'll remember for a lifetime. **B/S**

Day 3 - Wednesday - September 30, 2026

Paradise Experience - Smith Family Luau

What is stillness? It is a calm, quiet, motionless state. Stillness soothes the nervous system, increases your ability to hear your intuition, and anchors you in the present moment. Following breakfast Andrea will lead a fun outdoor activity with today's theme in mind.

This evening celebrate the Hawaiian spirit of aloha with the most famous of Hawaiian celebrations, the luau. Your luau is near the sacred Wailua River, once reserved for Hawaiian royalty. Receive a shell lei leisurely stroll around the lush 30-acre gardens. The heart of any luau is the pa'ina, the feast which centers around Kalua pig, wrapped in ti leaves and roasted in the earthen imu oven. Also on the menu: teriyaki beef, Ono (delicious) mahimahi and tasty chicken adobo. Maybe try some hula moves!

Interesting Flora



Organic Cacao



Local Fruits



Sugar Cane



Food may be the heart of a luau, but music is the soul. Hawaiian ancestors preserved their history by passing down songs and chants called mele. Celebrate these traditions from these cultures with the Rhythm of Aloha Show. **B/D**

Day 4 - Thursday - October 1, 2026

Mountain Tubing Adventure

We are in for a full day of wellness and fun! Today's theme is "How to quiet your inner critic". Before breakfast, we will learn about the importance of being kind and compassionate to ourselves. Is your internal dialogue always kind and compassionate? Would you speak to your best friend in the same way that you "speak" to yourself? Andrea will explain the long-term effects of negative self-talk and provide tools to replace it with warmth and kindness. We will use the ancient Hawaiian tradition of Ho'oponopono which is the practice of reconciliation and forgiveness. This helps you to let go of negative emotions, grudges, and fears, acting as a mental detox. So hold on to your sun hats and let's start the day!

After lunch on your own, we will depart for our Mountain Tubing Adventure in an historic ditch and tunnel system that once irrigated a vast sugar plantation. Begin with a four-wheel drive across the former sugar fields to see breathtaking views of Mt. Wai'ale'ale and waterfalls. Then float through 2.5 miles of open canals and 5 tunnels on gently flowing waters with beautiful scenery for a relaxing, fun, and fascinating experience. This evening have dinner on your own at one of a selection of walkable restaurants near the hotel. After dinner, Andrea will be available for pre-planned individual chats. **B**

Day 5 - Friday - October 2, 2026

Day of Leisure

Start your day with words of encouragement from Andrea regarding being of service to others and how that can impact us in positive ways. Enjoy breakfast, and then enjoy a full free day to do whatever you please! Take advantage of our beachside hotel pool, restaurant, and bar. Book an optional tour in advance or walk over to the shops and restaurants at Coconut Marketplace for some souvenir shopping. The world is your oyster! Andrea will be available for pre-planned individual chats at designated times. **B**

Day 6 - Saturday - October 3, 2026

Heading Home

Today's theme is creating a retreat at home. As we prepare to head home after an amazing trip to Hawaii it may hit you... how will I keep this up at home? No beach, no problem. After breakfast, Andrea will talk about how to prepare a space to practice your new techniques. How to "get away" when there's no place to go and how to "staycation" at home.

Pack your bags but the fun isn't nearly over! After checking out of the hotel, we are off to experience a guided conductor-narrated train tour of the historic 105 acres of the Kilohana Plantation. This includes an animal feeding stop, a rum tasting demonstration, and a Mai Tai cocktail. We will end this amazing excursion with dinner at Gaylord's Restaurant. Full and happy we will bid Mahalo to the beautiful people of Kauai and transfer to the airport for an overnight flight home. You will arrive home on October 4, 2026. **B/D**

Itinerary is subject to change.

B = Breakfast D = Dinner S = Snack



Beach Bar

Sunsets



To register contact:



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Phone: 888.549.1186

GroupDepartment@executivetravel.com

www.executivetravel.com

SECURE ONLINE REGISTRATION LINK:

Via our website www.WomenoftheMidwest.com/journeys

Package Price:

Per person in a shared double room: \$5,095.00

Per person in a single room: \$6,095.00

Remember our "Pair & Share" program for solo travelers.

A non-refundable deposit of \$500 per person is required at registration and can be paid by ACH (Automated Clearing House), check, or credit card. The balance is due on June 20, 2026, is non-refundable, and can be paid by ACH, check or credit card. When using a credit card for final payment a 3.5% processing fee applies as assessed by the credit card processing company. Checks must be received in our office at least 100 days before the tour's departure date. If you book within 100 days of departure, ACH or credit card payment is the required payment method.

EARLY BIRD DISCOUNT:
Register by April 28, 2026 and
receive a **\$200 DISCOUNT!**

The tour will be materialized with a minimum of 10 travelers and a maximum of 14 travelers. Should we, for any reason, not be able to guarantee this departure, we will offer a refund of all funds paid to Executive Travel for land, air and travel insurance 90 days prior to departure.

Tour Activity Level: LEVEL 1 2 3 4

This journey is a soft level 3. Between the scheduled sightseeing tours included in the program and personal exploration, you can expect to walk approximately 3 miles or more over the course of a day typically on pavements. This tour is not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.

Group airfare:

Group airfare is included from Omaha, NE. A small supplement may be applicable, if you fly from/to a different city than Omaha, NE.

Travel Insurance:

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

Travelex Insurance Services, Inc. CA Agency License #0D10209. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.

Hotel Accommodations:

Kauai Shores Hotel (ocean view rooms) or similar. Final accommodation will be confirmed 90 days prior to departure.

Included:

- Airfare to/from Lihue Airport economy class (direct flights not guaranteed)
- 5 nights ocean view accommodations
- 5 x breakfast
- 3 x dinner
- 1 x snack
- 4 x tours
- 4 x themed sessions with Professional Program Leader
- Individual sessions with Professional Program Leader
- Porterage at airport and hotels (one bag per person)
- Ambassador - Andrea Young, MS LIMHP
- Detailed Travel Documents (hard copy and electronic)
- Gratuities to local guides and drivers



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Not Included:

- Airline baggage fees (estimate \$45 per checked bag, per way)
- Travel Insurance
- Professional fees, \$100 due at registration
- Personal expenses
- Meals other than mentioned in the tour program
- Entrance fees to sites other than mentioned
- Anything not mentioned in the inclusions

*Travelers are not required to join the group each day. However, if you choose not to participate, please notify the Tour Director or Ambassador in advance. In the event of illness or injury, our policy ensures that the Ambassador will remain at the hotel to provide support.

We are happy to assist with airfare from any city in the U.S. A small additional fee may apply.

Forwarding registration and deposit signifies that you agree to the terms and conditions of this tour which can be found on our website at WomenoftheMidwest.com/journeys/

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4/21/2026