



WOMEN OF THE MIDWEST
Travel Solo Together

GROUNDED KAUAI, HAWAII

with Women of the Midwest

February 5-10, 2025



Dear Women of the Midwest,

My name is Denise Welmaker. I am a Licensed Clinical Social Worker in private practice in San Antonio, Texas. I was born and raised on a farm in Southwestern Kansas and consider myself a Midwesterner at heart.

The university brought me to South Texas, where I followed in the footsteps of my aunt, a Clinical Social Worker in Lawrence, Kansas. I started my career in hospitals, but I quickly transitioned to hospice and end-of-life care. There is something about working with people who don't have much time left that helps you put things into perspective. Because I found this incredibly important, I based my 30 years of clinical counseling practice on working with people 55 plus. We are all works in progress... ever-changing and evolving, and I feel blessed to help people navigate their way down the path chosen or maybe just the path they somehow wandered upon. I've honed my skills and techniques to assist in healing past wounds, to help us live mindfully in the present, and to gratefully plan for a purposeful and meaningful future.

Our new program, Grounded, has lofty but attainable goals. It is designed for those who feel physically and emotionally out of shape. The program aims to introduce attainable ways to adjust our compasses and live a happier, more fulfilling life grounded in self-care. Join us on the first in this series of wellness trips in beautiful Kauai, Hawaii! It is specifically curated for relaxation and peace, oh...and tons of laughter! Through our love of traveling solo together, we will continue cultivating our sisterhoods and forming new and essential friendships while learning to be Grounded.

In loving health,
Denise Welmaker, LCSW
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



Waimea Canyon



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 - Wednesday - February 5, 2025

Today, we arrive in beautiful Kauai and transfer to our stunning beachside hotel. You will have free time to explore, walk on the beach, or splash in the pool before we meet for our 6:30 PM welcome dinner. After dinner, we will meet with Denise and delve into what we have in store for the week, begin our media detox, and hand out welcome goodies. **D**



Magical Beaches



Refreshing Drinks

Day 2 - Thursday - February 6, 2025

Today the theme is grounding. Grounding, sometimes called earthing, is the process of connecting to the Earth's electrical energy. This practice is rooted in the theory that the electrical charges from the Earth can have a positive impact on your health. Grounding can involve walking barefoot outside, lying in the grass, or running your fingers through the dirt. Is gardening therapeutic for you? This might be why! We will explore the benefits of grounding and offer tips on how to incorporate it into your daily routine. Following breakfast Denise will lead a fun outdoor activity with today's theme in mind and later Denise will be available for pre-planned individual chats.

Late morning our guide will pick us up and take us to Waimea town for lunch on our own. After lunch in Waimea we are in for a big treat! We will tour the Waimea Canyon, a geological wonder that Mark Twain purportedly called "The Grand Canyon of the Pacific." After, we'll explore the Wailua River with a boat ride to the Fern Grotto. The tranquil Wailua River weaves by gorgeous waterfalls and lush, jungle landscapes on Kauai's east side.

This evening have dinner on your own at one of the walkable restaurants. **B**

Day 3 - Friday - February 7, 2025

Our theme today is stillness. What is stillness? It is a calm, quiet, motionless state. Stillness soothes the nervous system, can increase your ability to hear your intuition, and anchor you in the present moment. Following breakfast Denise will lead a fun outdoor activity with today's theme in mind and Denise will be available for pre-planned individual chats.

This full afternoon's Regenerative Farm and Food Experience begins with a half-mile walk to a Historic Stone Dam built in the 1800s to support the plantation's sugar cane production. The tour offers a showcase of what grows on Kauai in the regenerative food forest: a collection of exotic and delicious foods brought to Hawaii from all corners of the globe. The tour concludes with a family-style meal to savor and enjoy while celebrating the delicious diversity that exists on Kauai. A perfect island evening in a beautiful tropical farm setting. **B/D**

Interesting Flora

Organic Cacao

Local Fruits

Sugar Cane



Day 4 - Saturday - February 8, 2025

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? Denise 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, Denise will be available for pre-planned individual chats. **B**

Day 5 - Sunday - February 9, 2025

Start your day with words of encouragement from Denise 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! Denise will be available for pre-planned individual chats at designated times. **B**

Day 6 - Monday - February 10, 2025

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, Denise 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 February 11, 2025. **B/D**

Itinerary is subject to change.

B = Breakfast L = Lunch D = Dinner



Beach Bar

Sunsets



To register contact:



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Phone: 888.549.1186

GroupDepartment@executivetravel.com

www.executivetravel.com

SECURE ONLINE REGISTRATION LINK:

WomenoftheMidwest.com/journeys/

Package Price:

Per person in a shared double room: \$4,895.00

Per person in a single room: \$5,695.00

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

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. The balance is due on October 8, 2024, is non-refundable, and can be paid by cash or check. Credit card payment (any payments after the deposit) will access a 3.5% processing fee.

EARLY BIRD DISCOUNT:
Register at least eight (8) months prior to departure 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:

Airfare, included in your package. 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. Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

Hotel Accommodations:

Kauai: 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
- 4 x afternoon tours
- 4 x themed sessions with Professional Program Leader
- Individual sessions with Professional Program Leader
- Porterage at airport and hotels (one bag per person)
- Professional Program Leader - Denise Welmaker, LCSW
- Women of the Midwest Ambassador - Polly Welmaker
- Detailed Travel Documents (hard copy and electronic)
- Gratuities to local guides and drivers

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

Not Included:

- Airline baggage fees (estimate \$35-\$40 per checked bag per way)
- Travel Insurance
- Professional fees, \$75 per person due at time of registration
- Personal expenses
- Meals other than mentioned in the tour program
- Entrance fees to monuments and/or museums other than mentioned
- Anything not mentioned in the inclusions



WOMEN OF THE MIDWEST

Travel Solo Together

A wholly-owned division of Executive Travel Inc.

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/

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

5/1/2024

AIRFARE DETAILS!

Group airfare with American Airlines is included in your package:

February 5, 2025	Omaha* - Phoenix	5:49 AM	7:50 AM
February 5, 2025	Phoenix - Lihue	11:04 AM	2:57 PM
February 10, 2025	Lihue - Phoenix	10:06 PM	7:15 AM (February 11, 2025)
February 11, 2025	Phoenix - Omaha*	9:30 AM	1:14 PM

*We are happy to assist with airfare from a different airport than Omaha. Reach out to get your quote.

If you travel from a different airport, we aim to have you meet your fellow travelers in Phoenix on February 5 and return from Lihue around the same time as the rest of the group on February 10.

Individual additional transfers may be necessary if meeting the main group is not possible. We will take care of this, without any additional cost.

Important:

Group airfare comes with seat assignments 30 days prior to departure. Women of the Midwest/Executive Travel cannot confirm precise seat numbers earlier than 30 days prior to your departure, and therefore cannot guarantee the availability of specific seating on the aircraft. We do our best to honor your preferences (window, aisle seat).

Premium seating upgrades are not available when traveling on a group air contract. If you have frequent flyer miles (AAdvantage® program), please note those cannot be used to upgrade to a different class of service. Contact us if you have any questions and kindly note that certain exceptions may exist.

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