



## Retreat Sedona Explores New Sustainability Vistas in Maui

Retreat Sedona, whose interest is exploring and teaching new ways of empowering the body, opening the heart and creating ecological sustainability using both scientific and ecological means, is bringing a select group of similarly interested people to Kahua Institute's Bamboo Farm, Maui, the week of June 1, 2008, offering for five days group and private retreats, yoga workshops, and physical and emotional healing. Lori Tierney, proprietor of Sedona Retreat, although headquartered in that special place of vortex and mineral fortifications, actively seeks and acquires space in global sites where synergistic energies combine to create a physical and emotional bond between personal health and the environment. The bamboo farm is an invitation for agriculture tourism and contributes to the new consciousness of alternative energy and living organically in harmony with nature.

Specialized in structural bamboo - the lumber of the future, guests will room in the main house and/or an independent ohana/cottage, with large floor to ceiling windows, all with expansive ocean views and sliding glass doors to large private decks. All habitations have been designed with ecological and sustainable lumber, mostly using bamboo and recycled materials. Many of the stone and wood carvings have been imported from Asia in a temple style perfect to blend Hawaiian design with Asian architecture.

The Maui Retreat is a special place full of real Hawaiian mana (blessings), 15 organic acres with stunning views of oceans and rain forest. Lori's aim is to instill new ways of empowering creating ecological sustainability including energy sources, construction and farming. "All of the programs, besides touring and studying these oldest, yet newest sustainability techniques, include a healthy sampling of yoga, meditation, deep communication skills, breath work, massage, music, powerful visualizations, and more," according to Lori. To heal is to make whole. Holistic practices have been instrumental in reducing cancer and other imbalances by placing the body in an alkaline diet and environment, and training the mind with powerful meditation skills. Guests will sit in Maui Retreat's Balinese Meditation Temple with Koi pond, and hike to the nearby ancient Hawaiian Heiau (Temple), enjoying the many native plants. Nearby is a 100-foot waterfall with three natural swimming pools.

Beginning in 1995, the Kahua Institute was directly responsible for supporting and creating Bamboo Technologies. Bamboo Technologies is presently creating and teaching new ecological construction techniques of homes and buildings in China, Bhutan, Nepal, Indonesia, Viet Nam, Costa Rica and the United States. For the last ten years, the Kahua Farm has implemented a very popular Work Scholar Program where students experience ecologically responsible living, embodied spiritual teachings and personal physical and spiritual renewal. The students spend three to six months on the beautiful, rural Kahua Institute Maui Hawaiian bamboo farm amidst the jungle, by the ocean, with a private waterfall.

This unique use of bamboo construction has proven to be strong, durable and aesthetically appealing. Because bamboo is a fast-growing plant it has a much higher long-term yield per acreage than conventional trees, thereby significantly decreasing construction costs and serving the ecology as well.

The Kahua O'Malio Bamboo Farm is an organic farm that is completely off the grid. It is the oldest bamboo farm in Maui, Hawaii, having designed and built the first two bamboo structures/houses in the United States. A bamboo house will last as long as or longer than any conventional wood-framed building. In Japan, bamboo structures have a history



of lasting 200 years. In Vietnam, bamboo structures built with untreated bamboo poles are over 50 years old. These poles are also used for telephone and power lines. Extensive research over the past decade on the most effective and environmental-friendly bamboo treatments and finishes are shown to inhibit mold, fungi, termites, beetles, sun, rain and weathering. Bamboo Living Homes remain healthy, strong and beautiful for years to come.

Structural Bamboo is in compliance with building codes. ICC Evaluation Service Report ESR-1636 (Nov. 2004) states that Structural Bamboo Poles produced by Bamboo Technologies comply with the 2003 International Building Code (IBC), 2003 International Residential Code (IRC) and 1997 Uniform Building Code (UBC). BT bamboo houses are permitted as dwellings in the USA and other countries

Lori Tierney, IIDA, is Vice President, Brand Management and Strategic Markets, at Unisource Solutions, Inc., and co-chairman of the Los Angeles Business Council's ([www.labc.org](http://www.labc.org)) second annual Sustainability Summit, Los Angeles, in November, 2008. Unisource Solutions has been in the forefront of the sustainability movement since its inception, more than 20 years ago ([www.unisourceit.com](http://www.unisourceit.com)). In addition, Lori leads ecological study tours and retreats in Sedona, AZ, and elsewhere ([www.retreatsedona.com](http://www.retreatsedona.com)). Lori can be contacted at [ltierney@unisourceit.com](mailto:ltierney@unisourceit.com), [lori@retreatsedona.com](mailto:lori@retreatsedona.com), or at 310-497-6346.