

Hawai'i Dream Healing Ocean Retreat



Come to fabulous Hawai'i for a 3-Day Dream Healing & Lucid Transformation Retreat

From 9am on Saturday, 20 June, 2026. Daily workshop schedule until 2.30pm on Monday 22 June, followed by a group excursion and dinner.

Join **Dr. Clare Johnson**, author of eight dream books including *The Art of Lucid Dreaming* and *Dream Therapy*, for four days of healing dream exploration. We'll explore the healing, creative &

spiritual aspects of dreams and lucidity. Treat yourself to a healing holiday in abundant nature and awaken on all levels of being. Deepen your innate ability to heal yourself.



This Dream Healing Retreat takes place on lush land with ocean views, about 25 minutes' drive from Hilo airport, near Ninole.

Our workshops, guided meditations & embodied practices take place on the land and we may hold one day of workshops on the beach. We'll have a 14-seater vehicle plus jeeps to transport us all.

There will be group exercises, pair work, and plenty of playfulness, lucid living and joy. Accelerate your healing with dream incubation rituals in a **specially built Dream Temple** with beautiful ocean views.



Dream body workshop with views of the dream incubation temple and ocean

*“It’s hard to explain in words the magic that happened here, but my heart is full. I loved every second of it!
This retreat brought me so many gifts! I had time for deep inner work as well as fun times being playful and adventurous.”*

- Joanna K, Poland

Flexible Schedule

You'll receive a print-out of the fine-tuned schedule upon arrival. Please aim to arrive on Big Island, Hawai'i by Friday 19 June, 2026. The Dream Healing & Lucid Transformation Retreat begins **9am on Saturday, 20 June** with a healing dream circle in the Dream Temple.

Three delicious farm-to-table meals are provided each day as part of the retreat tuition package. It's wonderful to share these social occasions talking about dreams with your fellow explorers and myself. There will be time in the schedule each day to explore, connect with others, swim in the waterfalls, visit beaches, meditate with ocean views or take a lucid nap. Budget accommodation is available on the land for a fully immersive retreat experience.

Saturday 20 & Sunday 21

9am start: Morning dream groups plus two transformative 2-hour healing dream workshops each day, including embodied techniques, therapeutic pair work, and guided lucid meditations.

After dinner we will likely do evening extras such as a campfire circle or healing lucid dream incubation in the dream temple.

On the final retreat day, **Monday 22**, we will have a dream circle, one morning workshop, lunch together, and a closing ceremony, finishing around 2:30pm. We will then do a group excursion followed by a final dinner together at Rainbow Bridge.

This is weather-dependent and completely flexible - if the weather is lovely on Monday, we might head out to the beach early that morning and hold the dream circle and workshop there.

Stay on for **sightseeing days** (we'll suggest beauty spots but are not organising this) and to bathe in the beautiful aftermath of the retreat.

Swim in **natural waterfalls** and enjoy the high vibrations of this beauty spot while engaging in transformative dreamwork and healing meditations in luscious nature.



“This retreat, with the magical Clare as our guide, opened me to the deeply inspiring and creative art of lucid dreaming. Clare is so supportive and warm.

The group she facilitated felt like family by the end.

I found deeper embodiment and zest for life after experiencing months of deep loss and grief of a dear friend. I highly recommend this retreat!”

- Laura H, US

Pricing – tuition & food included

Your accommodation and travel are separate from the tuition and food. Budget accommodation is available on the land at the Rainbow Bridge Sanctuary. Just drop them a line via their online form to reserve the accommodation of your choice.

Tuition with Dr Clare Johnson comes in the form of three days of healing lucid dream workshops, guided meditations and somatic practices. A delicious food package is included, with 3 freshly prepared farm-to-table vegetarian meals each day – lovely occasions to relax and socialise.

**Total cost of tuition with inclusive 3-day food package is
\$750 USD (€640 Euro)**

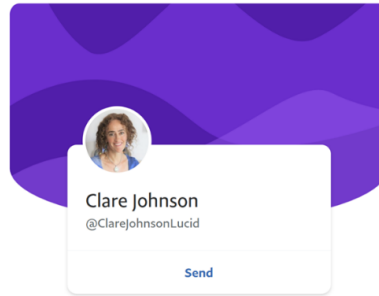
Payment Options

To secure your place on the Healing Lucid Dreams Retreat please pay using this link: www.deep-lucid-dreaming-video-courses.teachable.com/p/lucid-dreaming-ocean-retreat-hawaii

Alternatively, you can pay via PayPal.

PayPal Payment

To pay Dr. Clare Johnson via **PayPal**, please specify “Hawaii Healing Dreams Retreat.” Please be sure that the recipient receives the **full amount** (there is a toggle for this in PayPal), or the transaction will be cancelled.



Dr. Johnson is from the UK, but her personal PayPal account is based in Germany. It is affiliated with this email address:
depluciddreaming@gmail.com

You are welcome to use her PayPal.me link. Her PayPal.me name is
@ClareJohnsonLucid <https://www.paypal.me/ClareJohnsonLucid>

Cancellation Policy

If Dr Clare Johnson **cancel**s the Lucid Dreaming Retreat or cannot be present for any reason, you will of course be **refunded** in full. If you cancel **before May 31** you will receive a **full refund**. If you cancel after that date, you will receive a partial refund of 70% of total price. The remaining balance will be returned to you by 10 July, 2026.



Beach workshop with picnic lunch and a swim

Health & Travel Insurance

Please be sure you have adequate **health and travel insurance**: this is your sole responsibility. Do check the cancellation policy of your airline and hotel, and also check whether you need a visa to enter the US.



Jungle vibe on the path to the waterfall

“Clare is a beautiful being and shares her passion with charm, grace, and a wealth of knowledge and experience. Do this workshop if you want to learn life-changing things, in a fun way, with wonderful people in a beautiful setting 😊”

- John S, Hawai‘i

Things To Bring

- ✚ Dream journal – start filling it now 😊
 - ✚ Hardback notepad & pens for workshop notes/Lucid Writing
 - ✚ A towel for lying down meditations on the beach. (There are yoga mats available for us to use in the dream temple)
 - ✚ Inflatable cushion so we can sit/meditate/dream anywhere we like on the land and beaches – this is super-useful. There are inexpensive ones [online](#). They are waterproof in case of dew. Or you can use your towel instead.
 - ✚ A sarong or other thin material to drape over your face/body if we lie down on the beach to do yoga nidra meditations. Protects from sun, sand, flies.
 - ✚ Walking shoes or trekking sandals with a closed toe for the land, which is rustic and has lush grass with gravel pathways.
 - ✚ Swimsuit, sun cream
 - ✚ Knapsack for trips
 - ✚ Jumper for evenings, jacket
 - ✚ Dreams, nightmares, and lucid experiences you'd like to explore.
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- ❖ Please let us know if you have any **mobility issues**. There are very steep, rocky steps down to the waterfalls, and the retreat land is a little adventurous, with narrow paths through bushes and boulders. The ground is uneven.

 - ❖ The long dirt road leading from the main road to the top of the land is very bumpy and best suited to jeeps. If you get a taxi from the airport, call when your taxi arrives and someone from Rainbow Bridge will drive down to the main gate and bring you and your luggage up. Phone numbers will be given to you before you travel.

What previous participants are saying about the Hawai'i Retreat... and some photos

"Dr. Clare is the real deal! I had such a profound experience at my first lucid dreaming retreat and was able to remember magical powers I had forgotten. Mahalo Dr. Clare. Hope to see you again soon and, until then, in my dreams!"

- Kristy K, MD, Hawai'i

"Clare's retreat is saturated with love, curiosity and whimsy. It feels like the perfect experience to motivate one into creating a dedicated dream practice and approaching the waking and dream realms with a lens of awe, wonder, and empowerment."

- Leah D, Hawai'i



Somatic practices, barefoot in the sand

"Dr. Clare is a magical and fun teacher who will help expand the boundaries of what is possible for you."

- Lesley K, Washington

“Dr. Clare is a world-class teacher on the intricacies of lucid dreaming and a wonderful and magical person to be around. Her presence and guidance were both light and highly potent, helping me to connect and activate my intuitive and dreaming abilities.”

- Tosh, Hawai‘i

“The Hawaiian Lucid Dreaming Retreat was the highlight of my year. It brought me to an incredible and beautiful location with an amazing group of like-minded people. Dr. Clare Johnson is a great facilitator who brings so much to the experience and was a joy to meet in person. My takeaways for lucid dreaming were appreciation for my vivid non-lucid dreams, and techniques to cultivate more lucidity in sleep and my waking life. So grateful for the experience.”

- Steve M, US



Bird's eye view of our retreat location and the Pacific Ocean

“What a blessing to have been part of this retreat! I learned so much and connected with so many like-minded souls. I feel so grateful!”

- Susanita S, Hawai‘i



“Valuing dreaming is rare these days, lucid dreaming even more so. Gathering together and dreaming together felt like a superhero team of hope for a different way of living and shaping our world.”

- Zack G, Hawai‘i

“Clare’s Lucid Dream Retreat has me feeling expansive, inspired, and full of joy! Her bright personality, warm communication style, and infinite knowledge on dreaming created such a wonderful atmosphere.

I especially loved her guided meditations – they were clear and potent. A retreat with Clare is highly recommended and a guaranteed luminous time! The gifts I have received are abundant. Clare brought so much play and excitement to dreaming. I love how much more free and curious I feel about dreamwork and lucid dreaming. I gained so many tools to work with. What a wonderful time!”

- Annie K, Hawai‘i

“Clare facilitated many transcendental experiences skilfully and gently.”

- Bec B, Australia

“The retreat is an enlightening, inspiring experience. Clare teaches and leads by example, bridging science with personal experiences. The community of dreamers is very nourishing and it is so special to be a part of it.”

- Marcella W, Mexico

“This lucid dream ocean retreat was both profound and playful! It gave me an opportunity to connect with the magic and mystery of my own dreams and the dreams of others. I loved the community that formed, and everything about how Clare facilitates. It was wonderful! Thank you so much for everything.”

- Madeleine S, Hawai‘i



The dream incubation temple – a place for calm reflection and healing dreams

“Being with Clare on retreat has truly inspired my lucid dreaming practice.”

- Chris L, MD, Hawai‘i

“The whole experience is amazing. It is nurturing in so many ways, from the food and its richness, to the spectacular group of advanced dreamers and an astounding guide.”

- Olivia Z, Mexico



Exploring the ancient forests of Hawai‘i

“Clare facilitates with such luminous light, positivity, welcoming, and joy. Her retreats create such a lovely space for expansion and creativity. I feel deeply nourished by the practices and the wonderful group of people who came together.”

- Naomi K, Hawai‘i



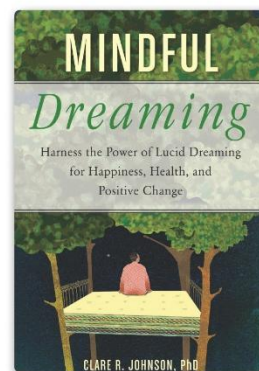
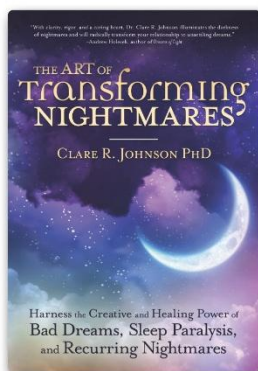
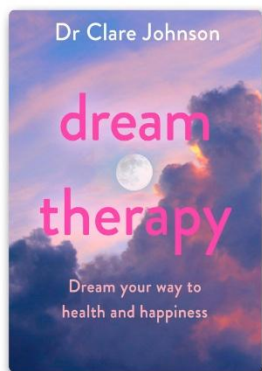
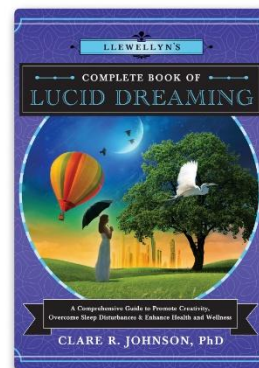
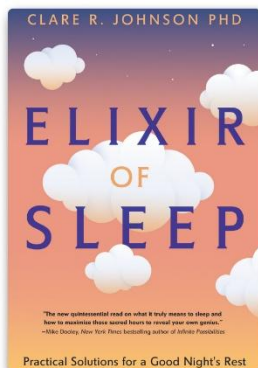
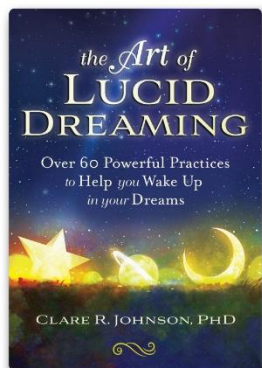
Gorgeous lava beaches with clear waters



Guided yoga nidra meditation with ocean sounds

I very much look forward to dreaming with you in Hawai'i 😊

Dr. Clare Johnson



About your teacher

Clare R. Johnson, PhD, was the first person in the world to do a PhD on lucid dreaming as a creative tool, and is past President of the International Association for the Study of Dreams (IASD). She is the author of eight books on lucid dreaming, dream therapy, sleep, and nightmare solutions, including two novels.

Dr. Clare has created original theories such as the Prana Dream Body Hypothesis, the Lucid Light Theory of Dreams & Reality, the Elevator Theory of Hypnagogic States, the ALIVE Code for Reality Creation, and the Rainbow Theory of Consciousness. She founded www.DeepLucidDreaming.com

She creates video & audio courses on dream yoga, all aspects of lucidity, and yoga nidra. She recently taught a lucid dreaming course to over 5000 participants. She has developed hundreds of original techniques and guided practices to help people heal from nightmares, have lucid dreams, expand their consciousness, invite joy and laughter into their lives, sleep better, embrace their creativity, and heal from grief and trauma.

Clare is the author of the acclaimed guide, Llewellyn's Complete Book of Lucid Dreaming: A Comprehensive Guide to Promote Creativity, Overcome Sleep Disturbances & Enhance Health and wellness.

She is also a yoga instructor, meditation teacher and creative writing tutor. She hosts the Sleep & Deep Lucid Dreaming podcast.

