



April 15, 2026

Contact:

Keala Hill – Koa Wahine Retreats

koa.wahine.retreats@gmail.com

971-285-5400

Additional photos available upon request.

FOR IMMEDIATE RELEASE

Koa Wāhine Retreat Invites Women to “Rise to the Warrior Within”: An inaugural immersive 4-Night experience rooted in Hawaiian ancestral wisdom and embodied sovereignty

Hilo, Hawai‘i – April 15, 2026 – Amid the noise and demands of modern life, the inaugural Koa Wāhine Retreat offers women a rare, protected space for profound personal transformation. This culturally rooted immersion invites women ready to rise to their inner koa (warrior) and reclaim personal sovereignty through Hawaiian ancestral practices.

Taking place May 21–24, 2026, at the scenic Grand Naniloa Hotel Hilo on Hawai‘i Island, this 3.5-day intensive (with 4-night stay option) is not another superficial wellness trend—it is a powerful commitment to the Koa Wahine way of life. Here, personal sovereignty is the foundation: the inner restoration of Kānāwai (law) within oneself, enabling a woman to protect, lead, nurture, and serve without self-betrayal.

Koa Wahine embodies courageous feminine leadership—expressed through strength, protection, discipline, and service. Participants will acquire modern life skills rooted in ancestral Hawaiian knowledge to awaken their inner warrior, fostering unshakeable clarity, courage, and cultural integrity.

Guided by two esteemed Kumu (teachers) with deep lineage-based expertise:

- Kumu Lua Michelle Manu, the first and only Woman Knight Commander (Dame) in the Royal Order of Kamehameha I, 10th-degree Black Belt, ‘Alihikaua (General), and Kumu Po‘okela in the indigenous Hawaiian warrior art of Lua (Kaihewalu and Manu lineages). With advanced degrees including a PhD Metaphysics and Juris Doctorate, she brings over 20 years of experience in warrior arts, metaphysical practice, and post-violence support.
- Special Guest Kumu Kekuhi Keali‘ikanaka‘ole, founder of Hālau ‘Ōhi‘a, former Kumu Hula of Hālau o Kekuhi, award-winning chanter and educator. A cultural leader dedicated to ‘oli as living technology, she bridges ancestral wisdom, ritual, chant, and conscious leadership for kinship, conservation, and education.

What Attendees Will Learn: The retreat weaves high-intensity, experiential modules including Lua (Hawaiian warrior arts), Lualomi (warrior massage), ‘oli as embodied relation technology, voice work, pule (prayer), movement, stillness and practical tools for mana manipulation, nervous system health, and feminine law. Participants will explore warrior sovereignty as both weapon and field, connection with Elemental Spirits, and integration of combat, healing, and relational practices – all held with strict protocols and cultural integrity.



“Sovereignty means belonging fully to yourself—your body, energy, and choices. No more shrinking or surrendering your power. A Koa Wahine stands as protector of what is sacred in her life, knowing her worth and guarding it with courage. In this container, you will reclaim yourself and learn to protect what you reclaim.” said Kumu Michelle Manu. “Remember who you are. Protect what matters.”

A protected space, the Koa Wahine Retreat is intentionally exclusive and application-only, welcoming Kanaka Maoli, kama‘āina, and women who deeply respect and embrace Hawaiian culture. Girls ages 12–17 may attend with a legal guardian.

“This is a powerful commitment to your sovereignty and your future self—especially amid the chaos of modern life,” said Manu. “The kāhea (call) has been issued for wāhine ready to move beyond surface-level wellness and rise to the warrior within.”

Invest in yourself by answering the kāhea – request your invitation today by visiting <https://koa-wahine-retreats.com/> or email koa.wahine.retreats@gmail.com. Early commitment perks and exclusive savings are available for those who respond now, as spots in this limited, protected container are filling quickly.

About Koa Wahine Productions

Koa Wahine Productions creates culturally grounded experiences that empower wāhine to embody Hawaiian ancestral wisdom and personal sovereignty through protected, transformative retreats and educational offerings.

###