




**MONDAY**


 **8.30 AM YIN YOGA**  
9.30 AM with Dilafruz  
\$15 - \$20 Sliding scale  
Location: Blue Moon Room


 **5 PM INTERMEDIATE HULA SERIES**  
6.15 PM with Kumu Leialoha  
Ilae-Kaleimamahu  
\$150 per month / No drop ins  
Location: Blue Moon Room

**TUESDAY**


 **8.30 AM SLOW FLOW 6-0 YOGA**  
9.45 AM with Jared  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room


 **9 AM GARDEN CLUB**  
11 AM with Allegra  
Free / Donations welcome  
Location: Gardens


 **10.30 AM ASHTANGA YOGA MYSORE**  
12 PM with Tanisha  
\$20 per person  
Location: Blue Moon Room

 **5 PM TRANSZENDANCE 2 SAMADHI**  
7 PM with Daina & Love  
Free / Donations welcome  
Location: Blue Moon Room

**WEDNESDAY**

 **8.30 AM YOGA FLOW INTO**  
9.30 AM **INVERSION PLAY**  
with Sam & Kelly  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room


 **10 AM BUDDHI YOGA**  
11.30 AM with Lily  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room

 **10 AM HAWAIIAN LANGUAGE II**  
12 PM with Kumu Leialoha  
Ilae-Kaleimamahu  
\$30 per class / no drop ins  
Location: Hale Aloha


 **3 PM AKASHIC RECORDS CIRCLE**  
4.30 PM with Sharon & Stephen  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room


 **5 PM INTERMEDIATE HULA SERIES**  
6.15 PM with Kumu Leialoha  
Ilae-Kaleimamahu  
\$150 per month / No drop ins  
Location: Blue Moon Room

**THURSDAY**


 **09 AM ROOTS OF YOGA**  
10.15 AM with Marcia  
\$10 - \$20 sliding scale  
Location: Blue Moon Room

**FRIDAY**


 **8.30 AM PRANAYAMA+YOGA NIDRA**  
9.30 AM with Dilafruz  
\$20 - \$30 Sliding scale  
Location: Blue Moon Room

 **11.30 AM BUDDHI YOGA**  
1 PM with Allegra  
\$15 - \$30 Sliding scale  
Location: Blue Moon Room

**SATURDAY**

 **8.30 AM ASHTANGA YOGA MYSORE**  
10 AM with Tanisha  
\$20 per person  
Location: Blue Moon Room

**SUNDAY**

 **10 AM YOGA AND WARM UP**  
11 AM with Movement Church  
11 AM **OPENING CIRCLE**  
11.15 AM with Varying Facilitators  
11.15 AM **ECSTATIC DANCE**  
1.30 PM with Live DJ Every Week  
1.30 PM **CLOSING CIRCLE**  
1.45 PM with Varying Facilitators  
\$20 for Yoga and Ecstatic Dance  
\$15 for Ecstatic Dance Only  
Payment Accepted at Hale Aloha  
Location: Blue Moon Room

**LEGEND**

**TYPES OF CLASSES**

-  MOVEMENT AND MINDFULNESS
-  GARDENS
-  RECREATION OR SKILL SHARE

**STUDIO LOCATIONS**

-  BLUE MOON ROOM
-  GARDENS
-  HALE ALOHA
-  OCEAN VISTA 25 STUDIO