




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-Kaleimamahua
\$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


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

 5 PM **TRANZENDANCE 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-Kaleimamahua
\$30 per class / no drop ins
Location: Hale Aloha


 5 PM **INTERMEDIATE HULA SERIES**
6.15 PM with Kumu Leialoha
Ilae-Kaleimamahua
\$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


 5 PM **SOUND BATH**
6 PM with John
\$30 per person
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 Hailey
\$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