

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



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

MOST DAILY CLASSES ARE PAUSED WHILE WE HOST A PRIVATE RETREAT THIS WEEK
We encourage you to explore the yoga classes at another local studio this week:

hOMe Yoga Studio
12-6989 Kamoamoa Street in Seaview
homeyogapahoa.com

FRIDAY

SATURDAY

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