

MONDAY



3 PM
5 PM
NERVOUS SYSTEM RESET
with Baba Rave
Donations welcome
Location: Blue Moon Room



5.15 PM
7 PM
TEA CEREMONY
with Olha Amanita
\$10 - \$20 Sliding scale
Location: Blue Moon Room

TUESDAY



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



9.30 AM
11 AM
GARDEN CLUB
with Rebekah
Free / Donations welcome
Location: Gardens



11.15 AM
12.15 PM
BEGINNER HULA SERIES
with Kumu Leialoha
Ilae-Kaleimamahu
Registration required / No drop ins
Location: Blue Moon Room



2 PM
3.30 PM
BRAZILIAN JIU JITSU: ADULTS
with Jack & Caleb
\$20 per person
Location: Blue Moon Room



3.30 PM
5 PM
BRAZILIAN JIU JITSU: KIDS
with Jack & Caleb
\$20 per person
Location: Blue Moon Room

WEDNESDAY



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



5 PM
6 PM
BLUE MOON DREAMING: SOUND HEALING
with Kirt & Laura of
Creative Frequencies
\$10 - \$20 Sliding scale
Location: Blue Moon Room

THURSDAY



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



11.15 AM
12.15 PM
BEGINNER HULA SERIES
with Kumu Leialoha
Ilae-Kaleimamahu
Registration required / No drop ins
Location: Blue Moon Room



3 PM
4.30 PM
HOLISTIC MOVEMENT
with Olha Amanita
\$10 - \$20 Sliding scale
Location: Blue Moon Room

FRIDAY



3.15 PM
4.15 PM
CORE VINYASA YOGA
with LiLi
\$10 - \$20 Sliding scale
Location: Blue Moon Room



4.30 PM
5.30 PM
CRYSTAL SOUND HEALING & CACAO RITUAL
with Lili & Lisa
\$10 Sound Healing only
\$20 Sound Healing + Cacao
Location: Blue Moon Room



6.45 PM
8 PM
PARTNER ACRO
with Lilia & Wayne
\$15 per person
Location: Blue Moon Room

SATURDAY



9.30 AM
10.30 AM
BEGINNER BODHISATTVA MEDITATION
with Paolo
Donations welcome
Location: Blue Moon Room

SUNDAY



10 AM
11 AM
YOGA AND WARM UP
with Movement Church

11 AM
11.15 AM
OPENING CIRCLE
with Varying Facilitators

11.15 AM
1.30 PM
1.30 PM
2 PM
ECSTATIC DANCE
with Live DJ Every Week
CLOSING CIRCLE
with Varying Facilitators
\$20 for Yoga and Ecstatic Dance
\$15 for Ecstatic Dance Only
Payment Accepted at Hale Aloha
Location: Blue Moon Room



4 PM
7 PM
SOUND ALCHEMY INTEGRATION
with Various Facilitators
\$2 - \$222 Suggested donation
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