

## MONDAY



**4 PM - 6 PM**  
**NERVOUS SYSTEM RESET**  
 with Baba Rave  
 Donations welcome  
 Location: Blue Moon Room

## TUESDAY



**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



**5 PM - 6.30 PM**  
**HĀLAU HULA**  
 with Kumu Leialoha  
 Ilae-Kaleimamahu  
 Registration required / No drop ins  
 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



**5 PM - 6.30 PM**  
**HĀLAU HULA**  
 with Kumu Leialoha  
 Ilae-Kaleimamahu  
 Registration required / No drop ins  
 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 PM**  
**CRYSTAL SOUND BATH**  
 with LiLi  
 \$5 - \$15 Sliding scale  
 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 PM**  
**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**  
**ECSTATIC DANCE**  
 with Live DJ Every Week  
**1.30 PM - 2 PM**  
**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