

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



5 PM
6.30 PM
HĀLAU HULA
with Kumu Leialoha
Ilae-Kaleimamahu
Registration required / No drop ins
Location: Blue Moon Room

FRIDAY



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
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