


MONDAY

TUESDAY


WEDNESDAY


THURSDAY

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


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


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

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


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

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

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

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


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


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


FRIDAY


SATURDAY

SUNDAY

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


 9.30 AM **BODHISATTVA MEDITATION**
10.30 AM with Karma
Donations welcome
Location: Blue Moon Room

 4 PM **WINTER SOLSTICE:**
9 PM **RETURN TO THE LIGHT**
with Māh Ze Tār & other artists
\$30 - \$55 per person
Tickets available online at
kalani.com/calendar
Location: Blue Moon Room

 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**
2 PM 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 **SOUND ALCHEMY INTEGRATION**
7 PM 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