

MONDAY



10 AM HE'E ASHTANGA YOGA
11.30 AM with Paul
\$10 - \$20 Sliding scale
Location: Blue Moon Room

TUESDAY



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



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



1.30 PM BEGINNER HULA SERIES
2.30 PM with Kumu Leialoha
Ilae-Kaleimamahu
Registration required / No drop ins
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 BRAZILIAN JIU JITSU: ADULTS
6.30 PM with Jack & Caleb
\$20 per person
Location: Blue Moon Room



6 PM OPEN MIC NIGHT
9 PM with Community Artists
Free
Location: Hale Aloha

WEDNESDAY



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



4 PM BALLROOM DANCING
5 PM with Kai
\$15 - \$30 Sliding scale
Location: Blue Moon Room

THURSDAY



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



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



1.30 PM BEGINNER HULA SERIES
2.30 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



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

SATURDAY



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

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
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