

MONDAY



3 PM **AWAKEN THE SACRED WITHIN:**
4.30 PM **KUNDALINI YOGA**
 with Ashtar
 \$20 Suggested donation
 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



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



4 PM **GARDEN CLUB**
5.30 PM with Rebekah
 Free / Donations welcome
 Location: Gardens



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

WEDNESDAY



5.15 PM **HEART CIRCLE**
7 PM with Robear & Lisa
 Free / Donations welcome
 Location: Blue Moon Room

THURSDAY



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



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

FRIDAY



3 PM **SACRED BREATHWORK**
4.30 PM with Ashtar
 \$25 Suggested donation
 Location: Blue Moon Room



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

SATURDAY



9 AM **AWAKEN THE SACRED WITHIN:**
10.30 AM **KUNDALINI YOGA**
 with Ashtar
 \$20 Suggested donation
 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