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SEPTEMBER 18 – SEPTEMBER 24

Transforming lives via NATURE, CULTURE, and WELLNESS programs, with values rooted in permaculture principles.

PHONE: 808.965.7828 • KALANI.COM • GUEST SERVICES DESK, OPEN 7:30 AM - 7:30 PM • HALE ALOHA, OPEN 7:30 AM - 7:30 PM

MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22	SATURDAY 9/23	SUNDAY 9/24
<p>6:30 AM - 8:00 AM Kundalini Yoga with Will</p> 	<p>7:00 AM - 7:30 AM Self-Led Silence Meditation Staff & Guests Only Mauka 15</p> 	<p>7:00 AM - 7:30 AM Self-Led Silence Meditation Staff & Guests Only Mauka 15</p> 	<p>7:00 AM - 7:30 AM Self-Led Silence Meditation Staff & Guests Only Mauka 15</p> 	<p>7:00 AM - 7:30 AM Self-Led Silence Meditation Staff & Guests Only Mauka 15</p> 	<p>7:00 AM - 8:00 AM Wu Ji Zen Qi Gong Craig & Stevie</p> 	<p>8:30 AM - 10:00 AM Yin Yoga with jaRed</p> 
<p>8:30 AM - 9:30 AM Community Meeting Staff & Guests Only Lower Lanai</p> 	<p>9:00 AM - 10:15 AM Transcendental with Marika</p> 	<p>8:30 AM - 10:00 AM Intuitive Movement with Maxwell</p> 	<p>8:30 AM - 10:00 AM Yin Yoga with Kimberly</p> 	<p>9:00 AM - 10:00 AM Basic Kundalini Yoga with Dennis</p> 	<p>8:30 AM - 10:00 AM Restorative Yoga with Kimberly</p> 	<p>9:00 AM - 11:00 AM Maku'u Market Guest Services Staff & Guests Only</p>
<p>10:30 AM - 12:00 PM Yin Yoga with Maxwell</p> 	<p>10:30 AM - 12:00 PM Vinyasa Yoga with Banka</p> 	<p>10:30 AM - 12:00 PM Vinyasa Yoga with Alexis</p> 	<p>10:30 AM - 12:00 PM Integral Hatha Yoga with Marcia</p> 	<p>10:15 AM - 11:45 AM Hula 'Aihā'a with Ryan</p> 	<p>9:30 AM - 11:30 AM Beautiful Backbends with Marcia Galleher \$30 Guests \$20 Kama'aina \$10 Kalani Volunteers OV25 Studio</p>	<p>10:30 AM - 12:30 PM Ecstatic Dance with DJ Diamond Essence</p> 
		<p>2:00 PM - 4:30 PM Portrait & Figure Drawing Meet 1:50 PM @ Hale Aloha \$10 model donation</p> 	<p>1:30 PM - 3:00 PM Intro to Aquatic Bodywork with Kalani Wellness Staff Staff & Guests Only Aquatic Bodywork Pool</p> 	<p>1:30 PM - 3:30 PM Lei Making with Sasha Hale Aloha Lanai</p> 		
	<p>3:00 PM - 4:30 PM Lauhala Weaving with Aunty Lynda Hale Aloha Lanai</p> 	<p>3:00 PM La'au Lapa'au Nature Tour: Medicinal Herbs with Aunty Lynda, Hale Aloha Lanai</p> 			<p>10:30 AM - 12:00 PM Yogalates with Ellen</p> 	
<p>2:00 PM - 3:30 PM Tapping Into Love with Shakti</p> 	<p>4:30 PM - 6:00 PM Community Acupuncture Clinic \$25, \$20 Kalani Staff Appointments Suggested Mauka 15 Studio</p> 	<p>3:30 PM - 4:30 PM Aquatic Bodywork Free Sample Sessions Staff & Guests Only Sign up @ Guest Services</p> 				<p>3:00 PM - 4:30 PM Joy of Art with Joy Hale Aloha Lanai</p> 
<p>4:30 PM - 5:30 PM Intuitive Aquatic Movement Meditation with Maxwell Staff & Guests Only Aquatic Bodywork Pool</p> 	<p>4:30 PM - 6:00 PM Vinyasa Yoga with jaRed</p> 	<p>3:00 PM - 4:00 PM Guided Meditation with Marika</p> 	<p>4:30 PM - 5:45 PM Gentle Flow Yoga with jaRed</p> 	<p>4:30 PM - 6:00 PM Aligned Yoga with Amma</p> 	<p>4:30 PM - 6:00 PM Capoeira Angola with Joe & Criss</p> 	<p>4:00 PM - 6:00 PM Friendly Volleyball Meet @ Volleyball Court</p> 
<p>4:30 PM - 6:00 PM Swing & Salsa Dance with Reza</p> 	<p>4:30 PM - 6:00 PM Writing from the Core with Will Staff & Guests Only Lower Lanai</p> 	<p>4:30 PM - 6:00 PM Jivamukti Yoga with Banka</p> 	<p>6:15 PM - 7:15 PM AA Meeting</p> 	<p>7:30 PM - 9:30 PM -The Mothership- An Epic Journey Home to Your Infinite Self with Jade Rajbir Kaur Suggested Energy Exchange: \$20 Guests & Kama'aina \$10 Kalani Volunteers</p>	<p>7:30 PM - 9:30 PM In the Frequency of Love: A Restorative Yoga & Sound Healing Journey with Alexis Cox & Owen Home \$20 Guests \$10 Kama'aina \$5 Kalani Volunteers</p>	
<p>7:30 PM - 9:00 PM Candlelit Restorative Yoga with Maura</p> 	<p>7:30 PM - 9:30 PM Beginner Hula 7:30 Advanced Hula 8:30 with Duane</p> 	<p>5:00 PM - 6:45 PM 7:00 PM - 10:00 PM Uncle Robert's Night Market Shuttle Guests & Staff only Meet @ Guest Services</p> 	<p>7:30 PM - 8:30 PM Happy Back Yoga with Kimberly</p> 			<p>7:30 PM - 8:30 PM Energetic Healing Circle with Dan & Kelley</p> 