

all classes are offered to kama'aina with donations gratefully accepted. **schedule is subject to change.**

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

**MAY 22 – MAY 28**

PHONE: 808.965.7828 • KALANI.COM • GUEST SERVICES DESK, OPEN 7 AM - 8:30 PM • HALE ALOHA, OPEN 10 AM - 6 PM

MONDAY 5/22	TUESDAY 5/23	WEDNESDAY 5/24	THURSDAY 5/25	FRIDAY 5/26	SATURDAY 5/27	SUNDAY 5/28
6:30 AM - 8:00 AM Kundalini Yoga with Sevapreet	6:30 AM - 7:45 AM Morning Movement Yoga with Chris	7:00 AM - 8:00 AM Basic Kundalini Yoga with Dennis	7:00 AM - 7:30 AM Silence Meditation Mauka 15 Staff & Guests Only	7:00 AM - 7:30 AM Silence Meditation Mauka 15 Staff & Guests Only	7:00 AM - 7:30 AM Silence Meditation Mauka 15 Staff & Guests Only	8:30 AM - 10:00 AM Yin Yoga with jaRed
7:00 AM - 7:30 AM Silence Meditation Mauka 15 Staff & Guests Only	7:00 AM - 7:30 AM Silence Meditation Mauka 15 Staff & Guests Only	8:30 AM - 10:00 AM Gentle Hatha Flow with Marcia	8:30 AM - 10:00 AM Yin Yoga with Caroline	9:00 AM - 10:00 AM Basic Kundalini Yoga with Dennis	8:30 AM - 10:00 AM Restorative Yoga with Banka	9:00 AM - 11:00 AM Maku'u Market Guest Services Staff & Guests Only
8:30 AM - 9:30 AM Community Meeting Staff & Guests Only Lower Lanai	9:00 AM - 10:15 AM Samadhi Dance with Daina	10:30 AM - 12:00 PM Vinyasa Yoga with Alexis	10:30 AM - 12:00 PM Integral Hatha Yoga with Marcia	10:15 AM - 11:45 AM Hula 'Aiha'a with Ryan	8:50 AM - 12:00 PM Portrait & Figure Drawing Meet @ Guest Services \$10 donation for the model	10:30 AM - 12:30 PM Ecstatic Dance with DJ Agent Wu
10:30 AM - 12:00 PM Yin Yoga with Maxwell	10:30 AM - 12:00 PM Vinyasa Yoga with Daina	2:30 PM - 5:00 PM Portrait & Figure Drawing Meet 2:20 PM @ Hale Aloha \$10 model donation	1:30 PM - 3:00 PM Intro to Aquatic Bodywork with Kalani Wellness Staff Staff & Guests Only Aquatic Bodywork Pool		9:00 AM - 5:30 PM <b>Reiki I &amp; II Energy Healing Workshop</b> with Dan Tallant & Kelley Rasch \$200 Guests \$150 Kama'aina \$80 Kalani Volunteers Blue Moon Room	
2:00 PM - 3:30 PM Tapping Into Love with Shakti	10:30 AM - 12:30 PM Community Acupuncture Clinic \$25, \$20 Kalani Staff Mauka 15 Studio	3:00 PM - 4:00 PM Guided Meditation with Marika	3:00 PM Kalani Permaculture Tour with Scott Laaback Lower Lanai			
4:30 PM - 6:00 PM Writing from the Core with Will Staff & Guests Only Lower Lanai	3:00 PM - 4:30 PM Lauhala Weaving with Roy Hale Aloha Lanai	3:30 PM - 4:30 PM Aquatic Bodywork Free Sample Sessions Staff & Guests Only Sign up @ Guest Services	4:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance	1:30 PM - 3:30 PM Lei Making with Sasha Hale Aloha Lanai	10:30 AM - 12:00 PM Yogalates with Ellen	3:00 PM - 4:30 PM Joy of Art with Joy Hale Aloha Lanai
4:30 PM - 5:30 PM Intuitive Aquatic Movement Meditation with Maxwell Staff & Guests Only Aquatic Bodywork Pool	4:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance	4:30 PM - 6:00 PM Jivamukti Yoga with Banka	4:30 PM - 5:45 PM Gentle Flow Yoga with jaRed	4:30 PM - 6:00 PM Practical Yoga with Will	4:30 PM - 6:00 PM Capoeira Angola with Joe & Criss	4:00 PM - 6:00 PM Friendly Volleyball Meet @ Volleyball Court
4:30 PM - 6:00 PM Swing & Salsa Dance with Damien	4:30 PM - 6:00 PM Vinyasa Yoga with jaRed	5:00 PM - 6:45 PM 7:00 PM - 10:00 PM Uncle Robert's Night Market Shuttle Guests & Staff only Meet @ Guest Services	6:15 PM - 7:15 PM AA Meeting	7:30 PM - 9:30 PM <b>The Culinary Edge TV: Food From Around The World</b> with Chef Ellard Resignato \$5 Suggested donation	7:30 PM - 10:00 PM <b>Sound Light Bath</b> with Shannon Sahaja \$15 Guests \$10 Kama'aina	4:15 PM - 6:15 PM Ukulele For Everyone Beginners 4:15 - 5:15 Advanced 5:15 - 6:15 Andy
7:30 PM - 9:00 PM Candlelit Restorative Yoga with Maura	7:30 PM - 9:30 PM Beginner Hula 7:30 Advanced Hula 8:30 with Duane	7:45 PM - 10:00 PM <b>Open Mic</b> Hosted by Jim Larsen Donations gratefully accepted				7:30 PM - 8:30 PM Energetic Healing Circle with Dan & Kelley