











































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

July 24 – JULY 30

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 10 AM - 6 PM

MONDAY 7/24	TUESDAY 7/25	WEDNESDAY 7/26	THURSDAY 7/27	FRIDAY 7/28	SATURDAY 7/29	SUNDAY 7/30
<p>6:30 AM - 8:00 AM Kundalini Yoga with Sevapreet</p> 	<p>6:30 AM - 7:45 AM Morning Movement Yoga with Chris</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>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 Trancedance with Daina</p> 	<p>8:30 AM - 10:00 AM Intuitive Yoga with Maxwell</p> 	<p>8:30 AM - 10:00 AM Yin Yoga with Caroline</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 Daina</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>10:30 AM - 11:45 AM Trancedance with Marika</p> 	<p>8:50 AM - 12:00 PM Portrait & Figure Drawing Meet @ Guest Services \$10 donation for the model</p> 	<p>10:30 AM - 12:30 PM Ecstatic Dance with DJ ChrisNa Karast</p> 
	<p>10:30 AM - 12:30 PM Community Acupuncture Clinic \$25, \$20 Kalani Staff Appointments Suggested Mauka 15 Studio</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 - 3:30 PM Lei Making with Sasha Hale Aloha Lanai</p> 	<p>9:00 AM - 12:00 PM -Inversions- Turning Our Perspective Upside Down: A Jivamukti Workshop with Banka Schneider \$50 Guests \$30 Kama'aina \$20 Kalani Volunteers OV25 Studio</p>	
<p>2:00 PM - 3:30 PM Tapping Into Love with Julia</p> 	<p>4:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p> 	<p>3:00 PM - 4:00 PM Guided Meditation with Marika</p> 	<p>4:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p> 		<p>10:30 AM - 12:00 PM Yogalates with Ellen</p> 	<p>3:00 PM - 4:30 PM Joy of Art with Joy Hale Aloha Lanai</p> 
<p>4:30 PM - 6:00 PM Swing & Salsa Dance with Reza</p> 	<p>4:30 PM - 6:00 PM Vinyasa Yoga with jaRed</p> 	<p>4:30 PM - 6:00 PM Jivamukti Yoga with Banka</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>4:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p> 	<p>4:00 PM - 6:00 PM Friendly Volleyball Meet @ Volleyball Court</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>6:15 PM - 7:15 PM AA Meeting</p> 		<p>4:30 PM - 6:00 PM Capoeira Angola with Joe & Criss</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>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> 