

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.

APRIL 23 – APRIL 29

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 4/23	TUESDAY 4/24	WEDNESDAY 4/25	THURSDAY 4/26	FRIDAY 4/27	SATURDAY 4/28	SUNDAY 4/29
6:30 AM - 8:00 AM Kundalini Yoga with Sevapreet	8:30 AM - 10:00 AM Therapeutic Yoga with Maura	8:30 AM - 10:00 AM Intuitive Yoga with Maxwell	8:30 AM - 10:00 AM Yin Yoga with Caroline	7:00 AM - 8:00 AM Morning Hatha Flow with Crystal	8:30 AM - 10:00 AM Restorative Yoga with Kimberly	8:30 AM - 10:00 AM Yin Yoga with jaRed
8:30 AM - 9:30 AM Community Meeting Staff & Guests Only Lower Lanai	10:30 AM - 12:00 PM Jivamukti-Vinyasa Yoga with Banka	9:00 AM - 11:00 AM Coconut Basket Making with Aunty Lynda Hale Aloha Lanai	10:30 AM - 12:00 PM Integral Hatha Yoga with Marcia	8:30 AM - 9:30 AM Basic Kundalini Yoga with Dennis	10:30 AM - 12:00 PM Yogalates with Ellen	9:00 AM - 11:00 AM Maku'u Market Guest Services Staff & Guests Only
10:30 AM - 12:00 PM Yin Yoga with Maxwell	10:30 AM - 12:00 PM Community Acupuncture Clinic \$25, \$20 Kalani Staff Appointments Suggested Mauka 15 Studio	10:30 AM - 12:00 PM Vinyasa Yoga with Alexis		10:30 AM - 12:00 PM Hula 'Aihā'a with Ryan	9:00 AM - 12:00 PM ~Healthy Self~ Yoga Therapy Workshop with Banka Schneider \$25 Guests \$20 Kama'aina \$15 Kalani Volunteers Hale 4 Studio	10:30 AM - 12:30 PM Ecstatic Dance with DJ ChrisNa Karast
1:30 PM - 4:30 PM Intermediate & Advanced Lauhala Weaving with Aunty Lynda Hale Aloha Lanai		2:30 PM - 4:00 PM Capoeira Angola with Joe & Criss	1:30 PM - 3:00 PM Intro to Aquatic Bodywork with Kalani Wellness Staff Staff & Guests Only Aquatic Bodywork Pool	1:30 PM - 3:30 PM Lei Making with Sasha Hale Aloha Lanai		
				4:30 PM - 5:45 PM Gentle Flow Yoga with Kimberly		
	1:00 PM - 3:00 PM Hula 'Auana with Duane	3:00 PM La'au Lapa'au Nature Tour: Medicinal Herbs with Aunty Lynda Staff & Guests Only Dining Lanai	4:30 PM - 6:00 PM Writing from the Core Staff & Guests Only Lower Lanai	6:00 PM - 7:30 PM Locally Sourced Music & Meals featuring Way Out West Dinner Tickets: \$24 Guests \$19 Kama'aina (with ID)	4:30 PM - 6:00 PM Lau Lama Cultural Illumination Series: Contemporary Hawaiian Activism with Lākea Trask Donations gratefully accepted	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	3:00 PM - 4:30 PM Lauhala Weaving with Aunty Lynda Hale Aloha Lanai	3:30 PM - 4:30 PM Aquatic Bodywork Free Sample Sessions Staff & Guests Only Sign up @ Guest Services	4:30 PM - 5:45 PM Gentle Flow Yoga with jaRed			4:00 PM - 6:00 PM Friendly Volleyball Meet @ Volleyball Court
4:30 PM - 6:00 PM Aligned Flow Yoga with Amma	4:30 PM - 6:00 PM Vinyasa Yoga with jaRed	4:30 PM - 5:45 PM Gentle Yoga with Marika	6:15 PM - 7:15 PM AA Meeting	7:30 PM - 10:00 PM Love and Errors Boo! Release Party ~ A Book of Poetry by Kimberly Dark \$5-\$15 Sliding scale		4:00 PM - 6:00 PM Ukulele for Everyone Beginners 4:00 - 5:00 Advanced 5:00 - 6:00 with Andy
7:30 PM - 9:00 PM Candlelit Restorative Yoga with Maura	7:30 PM - 9:00 PM Intro to Zouk Dance with Reza	5:00 PM - 6:45 PM 7:00 PM - 10:00 PM Uncle Robert's Night Market Shuttle Guests & Staff only Meet @ Guest Services	7:30 PM - 8:30 PM Happy Back Yoga with Kimberly			7:30 PM - 8:30 PM Sound Healing with Kelley