

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.

February 19 – February 25

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 2/19	TUESDAY 2/20	WEDNESDAY 2/21	THURSDAY 2/22	FRIDAY 2/23	SATURDAY 2/24	SUNDAY 2/25
<p>6:30 AM - 8:00 AM Kundalini Yoga with Sevapreet</p> <p>8:30 AM - 9:30 AM Community Meeting Staff & Guests Only Lower Lanai</p> <p>10:30 AM - 12:00 PM Yin Yoga with Maxwell</p>	<p>7:00 AM - 7:30 AM Self-Led Silence Meditation Staff & Guests Only Mauka 15</p> <p>10:30 AM - 12:00 PM Vinyasa Yoga with Marika</p> <p>10:30 AM - 12:00 PM Community Acupuncture Clinic \$25, \$20 Kalani Staff Appointments Suggested Mauka 15 Studio</p> <p>1:00 PM - 3:00 PM Beginner Hula 1:00 Advanced Hula 2:00 with Duane</p>	<p>7:00 AM - 8:00 AM Guided Meditation with Banka</p> <p>8:30 AM - 10:00 AM Intuitive Yoga with Maxwell</p> <p>10:30 AM - 12:00 PM Vinyasa Yoga with Alexis</p> <p>2:30 PM - 4:00 PM Capoeira Angola with Joe & Criss</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 Caroline</p> <p>10:30 AM - 12:00 PM Integral Hatha Yoga with Marcia</p> <p>2:00 PM - 4:30 PM Portrait & Figure Drawing Meet 1:50 PM @ Hale Aloha \$10 model donation</p> <p>4:30 PM - 6:00 PM Writing from the Core Staff & Guests Only Lower Lanai</p>	<p>7:00 AM - 8:00 AM Morning Hatha Flow with Crystal</p> <p>8:30 AM - 9:30 AM Basic Kundalini Yoga with Dennis</p> <p>10:00 AM - 11:30 AM Hula 'Aiha'a with Ryan</p> <p>1:30 PM - 3:30 PM Lei Making with Sasha Hale Aloha Lanai</p> <p>3:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p>	<p>8:30 AM - 10:00 AM Restorative Yoga with Banka</p> <p>8:50 AM - 12:00 PM Portrait & Figure Drawing Meet @ Guest Services \$10 donation for the model</p> <p>10:30 AM - 12:00 PM Yogalates with Ellen</p> <p>1:30 PM - 4:00 PM ~Healthy Self~ Yoga Therapy Workshop With Maura Garland \$25 Guests \$20 Kama'aina \$15 Kalani Volunteers Blue Moon Room</p> <p>3:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p>	<p>8:30 AM - 10:00 AM Yin Yoga with jaRed</p> <p>9:00 AM - 11:00 AM Maku'u Market Guest Services Staff & Guests Only</p> <p>10:30 AM - 12:30 PM Ecstatic Dance with Shamans Dream</p> <p>3:00 PM - 4:30 PM Joy of Art with Joy Hale Aloha Lanai</p> <p>4:00 PM - 6:00 PM Friendly Volleyball Meet @ Volleyball Court</p>
<p>4:30 PM - 5:30 PM Intuitive Aquatic Movement Meditation with Maxwell Staff & Guests Only Aquatic Bodywork Pool</p> <p>7:30 PM - 9:00 PM Candlelit Restorative Yoga with Maura</p>	<p>4:30 PM - 6:00 PM Vinyasa Yoga with jaRed</p> <p>7:30 PM - 9:00 PM Intro to Zouk Dance with Reza</p>	<p>3:00 PM - 6:00 PM Fierce Volleyball Meet @ Kalani Entrance</p> <p>4:30 PM - 5:45 PM Gentle Flow Yoga with Marika</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>4:30 PM - 5:45 PM Gentle Flow Yoga with jaRed</p> <p>6:15 PM - 7:15 PM AA Meeting</p> <p>7:30 PM - 8:30 PM Happy Back Yoga with Amma</p>	<p>4:30 PM - 5:45 PM Gentle Flow Yoga with Crystal</p> <p>6:00 PM - 7:30 PM Locally Sourced Music & Meals featuring OK2CHANGE Dinner Tickets: \$24 Guests \$19 Kama'aina (with ID)</p>	<p>8:00 PM - 10:00 PM Drag Me to the Jungle Featuring performances by Felicity Layne Janelle Neiman & Kindra H. Kinx \$10-\$20 Sliding Scale <i>All proceeds benefit the Kalanihonua Capital Campaign</i></p>	<p>4:00 PM - 6:00 PM Ukulele for Everyone Beginners 4:00 - 5:00 Advanced 5:00 - 6:00 with Andy</p> <p>7:30 PM - 8:30 PM Energetic Healing Circle with Dan & Kelley</p>