

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

## November 20 – November 26

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 11/20  | TUESDAY 11/21  | WEDNESDAY 11/22   | THURSDAY 11/23  | FRIDAY 11/24   | SATURDAY 11/25  | SUNDAY 11/26  |
|---|--|---|---|--|---|---|
| <p>6:30 AM - 8:00 AM<br/>Kundalini Yoga<br/>with Sevepreet</p>  | <p>7:00 AM - 7:30 AM<br/>Self-Led<br/>Silence Meditation<br/>Staff &amp; Guests Only<br/>Mauka 15</p>                                      | <p>8:45 AM - 10:15 AM<br/>Intuitive Movement<br/>with Maxwell</p>   | <p>7:00 AM - 7:30 AM<br/>Self-Led<br/>Silence Meditation<br/>Staff &amp; Guests Only<br/>Mauka 15</p>                                       | <p>7:00 AM - 7:30 AM<br/>Self-Led<br/>Silence Meditation<br/>Staff &amp; Guests Only<br/>Mauka 15</p>  | <p>7:00 AM - 8:00 AM<br/>Wu Ji Zen<br/>Qi Gong<br/>Craig &amp; Stevie</p>   | <p>8:30 AM - 10:00 AM<br/>Yin Yoga<br/>with jaRed</p>   |
| <p>8:30 AM - 9:30 AM<br/>Community Meeting<br/>Staff &amp; Guests Only<br/>Lower Lanai</p>  | <p>9:00 AM - 10:15 AM<br/>Transcendental<br/>with Daina</p>  | <p>10:30 AM - 12:00 PM<br/>Vinyasa Yoga<br/>with Alexis</p>   | <p>8:30 AM - 10:00 AM<br/>Yin Yoga<br/>with Caroline</p>  | <p>9:00 AM - 10:00 AM<br/>Basic Kundalini<br/>Yoga<br/>with Dennis</p>   | <p>8:30 AM - 10:00 AM<br/>Restorative<br/>Yoga<br/>with Banka</p>   | <p>9:00 AM - 11:00 AM<br/>Maku'u Market<br/>Guest Services<br/>Staff &amp; Guests Only</p>                    |
| <p>10:30 AM - 12:00 PM<br/>Yin Yoga<br/>with Maxwell</p>  | <p>10:30 AM - 12:00 PM<br/>Vinyasa Yoga<br/>with Daina</p>   | <p>2:00 PM - 4:30 PM<br/>Portrait &amp; Figure Drawing<br/>Meet 1:50 PM @ Hale Aloha<br/>\$10 model donation</p>                                  | <p>10:30 AM - 12:00 PM<br/>Integral Hatha<br/>Yoga<br/>with Marcia</p>  | <p>10:15 AM - 11:45 AM<br/>Hula 'Aihā'a<br/>with Ryan</p>  | <p>8:50 AM - 12:00 PM<br/>Portrait &amp; Figure Drawing<br/>Meet @ Guest Services<br/>\$10 donation<br/>for the model</p> | <p>10:30 AM - 12:30 PM<br/>Ecstatic Dance<br/>with DJ OsEyE</p>   |
|   | <p>10:30 AM - 12:00 PM<br/>Community<br/>Acupuncture Clinic<br/>\$25, \$20 Kalani Staff<br/>Appointments Suggested<br/>Mauka 15 Studio</p> | <p>3:00 PM<br/>La'au Lapa'au Nature<br/>Tour: Medicinal Herbs<br/>with Aunty Lynda<br/>Staff &amp; Guests Only<br/>Dining Lanai</p>               | <p>1:30 PM - 3:00 PM<br/>Intro to Aquatic Bodywork<br/>with Kalani Wellness Staff<br/>Staff &amp; Guests Only<br/>Aquatic Bodywork Pool</p> |  | <p>10:30 AM - 12:00 PM<br/>Yogalates<br/>with Ellen</p>   |   |
|   | <p>1:00 PM - 3:00 PM<br/>Beginner Hula 1:00<br/>Advanced Hula 2:00<br/>with Duane</p>  | <p>3:30 PM - 4:30 PM<br/>Aquatic Bodywork<br/>Free Sample Sessions<br/>Staff &amp; Guests Only<br/>Sign up @ Guest Services</p>                   | <p>3:00 PM - 6:00 PM<br/>Fierce<br/>Volleyball<br/>Meet @ Kalani<br/>Entrance</p>   |  |   |   |
| <p>2:00 PM - 3:30 PM<br/>Tapping<br/>Into Love<br/>with Shakti</p>  | <p>3:00 PM - 4:30 PM<br/>Lauhala Weaving<br/>with Aunty Lynda<br/>Hale Aloha Lanai</p>   | <p>3:00 PM - 4:00 PM<br/>Guided Meditation<br/>with Marika</p>  | <p>4:30 PM - 5:45 PM<br/>Gentle Flow Yoga<br/>with Will</p>   | <p>1:30 PM - 3:30 PM<br/>Lei Making<br/>with Sasha<br/>Hale Aloha Lanai</p>  | <p>3:00 PM - 6:00 PM<br/>Fierce<br/>Volleyball<br/>Meet @ Kalani<br/>Entrance</p>   | <p>3:00 PM - 4:30 PM<br/>Joy of Art<br/>with Joy<br/>Hale Aloha<br/>Lanai</p>                                 |
| <p>4:30 PM - 5:30 PM<br/>Intuitive Aquatic<br/>Movement Meditation<br/>with Maxwell<br/>Staff &amp; Guests Only<br/>Aquatic Bodywork Pool</p> | <p>3:00 PM - 6:00 PM<br/>Fierce<br/>Volleyball<br/>Meet @ Kalani<br/>Entrance</p>  | <p>4:30 PM - 6:00 PM<br/>Jivamukti<br/>Yoga<br/>with Banka</p>  | <p>6:15 PM - 7:15 PM<br/>AA<br/>Meeting</p>   | <p>4:30 PM - 6:00 PM<br/>Aligned Yoga<br/>with Amma</p>  | <p>4:30 PM - 6:00 PM<br/>Capoeira Angola<br/>with Joe &amp; Criss</p>   | <p>4:00 PM - 6:00 PM<br/>Friendly<br/>Volleyball<br/>Meet @<br/>Volleyball Court</p>                          |
| <p>4:30 PM - 6:00 PM<br/>Swing &amp;<br/>Salsa Dance<br/>with Reza</p>  | <p>4:30 PM - 6:00 PM<br/>Vinyasa Yoga<br/>with jaRed</p>   | <p>4:30 PM - 6:00 PM<br/>Writing from the Core<br/>with Will<br/>Staff &amp; Guests Only<br/>Lower Lanai</p>                                      | <p>6:00 PM - 7:30 PM<br/><b>Thanksgiving at Kalani</b><br/>Gather with us for our<br/>annual Thanksgiving Feast!</p>                        | <p>7:30 PM - 9:00 PM<br/><b>The Mothership:<br/>An Epic Journey Home<br/>to Your Infinite Self</b><br/>with Jade Rajbir Kaur<br/>\$20 Guest &amp; Kama'aina<br/>\$10 Kalani Volunteers</p> |   | <p>4:15 PM - 6:15 PM<br/>Ukulele for Everyone<br/>Beginners 4:15 - 5:15<br/>Advanced 5:15 - 6:15<br/>Andy</p> |
| <p>7:30 PM - 9:00 PM<br/>Candlelit Restorative<br/>Yoga<br/>with Maura</p>  |  | <p>5:00 PM - 6:45 PM<br/>7:00 PM - 10:00 PM<br/>Uncle Robert's Night<br/>Market Shuttle<br/>Guests &amp; Staff only<br/>Meet @ Guest Services</p> | <p><i>Space is limited. Meal<br/>tickets must be purchased<br/>in advance. Contact our<br/>Guest Services Team<br/>at 808-965-7828</i></p>  |  |   | <p>7:30 PM - 8:30 PM<br/>Energetic<br/>Healing Circle<br/>with Dan &amp; Kelley</p>                           |

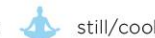
☐ donations gratefully accepted

■ \$15 standard classes

■ donation based hawaiian culture class

■ special events

■ yoga classes:



still/cool warm/moving dynamic/hot