

Enhance your stay with one of our functional Fitness and Movement classes, facilitated by our resident team of professionals, complimentary to house guests.

All classes begin at 8:00am:

	SUNDAY	TUESDAY	THURSDAY	SATURDAY
Halekulani	Stretch on the Beach	Tai Chi in the Garden		
Halepuna			Restorative Yoga & Meditation	Yoga Flow

CLASS DESCRIPTIONS

SUNDAY

Stretch on the Beach – a brisk walk to the beach park, followed by a gentle morning stretch
 Meet at the Halekulani Porte Cochere
 *Towels provided

TUESDAY

Tai Chi in the Garden – mindful movements to improve focus and balance
 Meet at the Halekulani Garden Courtyard

THURSDAY

Restorative Yoga & Meditation – supported postures combined with relaxation techniques
 Meet at the Halepuna 8th Floor Garden (see Halepuna Front Desk for elevator access)
 *Towels and Mats provided

SATURDAY

Yoga Flow – steady sequence of postures to increase strength and endurance
 Meet at the Halepuna 8th Floor Garden (see Halepuna Front Desk for elevator access)
 *Towels and Mats provided

