



ART OF WELLBEING PRESENTATIONS 2022



WAIKIKI, HI – February 15, 2022 – Halekulani is pleased to announce the new Art of Wellbeing monthly series presentations. Like its predecessor the Living Well Interactive programming, this educational series is designed to empower participants to achieve optimal health and overall wellbeing.

The bi-monthly topics include nutrition, movement, and emotional health, as well as ancient practices of the East, still relevant today in maintaining balance and lifelong vitality. The 75-minute presentations are led by Halekulani’s team of resident experts and take place the second and fourth Saturday of each month. Lectures are complimentary for Halekulani and Halepuna Waikiki guests and are also available to the public for \$25 per person.

The new Art of Wellbeing concept encompasses Halekulani’s dedication to and deep respect for culture, wellness, nature, and traditions of Hawaii. Focusing on six key pillars – Nourish, Move, Explore, Renew, Rest, and Discover – the series offers an integrated and refreshed approach to an elevated lifestyle.

“At Halekulani, we believe that leading a healthy lifestyle goes far beyond a balanced diet,” said Kamala Nayeli, Director of Spa and Wellness. “Our new *Art of Wellbeing* program is designed to help guests learn how to make more mindful choices and implement these practices into everyday life. By understanding and adopting these new strategies and wellness philosophies, guests can enhance the quality of their lives and strengthen their mental and emotional health.”

All lectures are constructed to lead to transformative experiences that ultimately result in everlasting positive change. The upcoming lecture series topics for February through April 2022 are as follows:

- February 26 – ***Dream Interpretation*** – A fascinating discussion about the subconscious mind and how to identify the various elements of a dream.
- March 12 – ***Clearing the Clutter*** – Prepare for Spring and renew all aspects of purging for the new season.
- March 26 – ***Movement as Medicine*** – Discuss the importance of daily movement, the many forms to practice, and its role in aging well.
- April 9 – ***The Healing Power of Crystals*** – Review how these powerful stones can be utilized for energetic balance alignment.
- April 23 – ***Aromatherapy - Nature's Remedy*** – Discover the benefits of essential oils and how to incorporate these plant extracts into your daily life.

Each participant will receive a voucher for 10% off any private consultation. To reserve a seat, please call 808-931-5322. For more information, please visit [Art of Wellbeing](#).

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About Halekulani

Since its inception in 1984 as one of the world's finest and most acclaimed independent luxury hotels, Halekulani has received more than 500 awards, most recently, Travel + Leisure 2021 World's Best Awards - #1 Resort Hotel in Hawaii. Recently reopened following a comprehensive renewal project, Halekulani is home to La Mer, Hawaii's longest, consecutively ranked AAA Five Diamond and Forbes Travel Guide 5-Star Restaurant, Orchids, House Without A Key, L'Aperitif, Lewers Lounge, Cattleya Wine Bar, and SpaHalekulani. For over twenty years, Halekulani has maintained a strong commitment to arts and culture in the community through exclusive alliances with Oahu's most iconic cultural venues. Halekulani is operated by the Hotels and Resorts of Halekulani, a brand management division of the Honolulu-based Halekulani Corporation, which also oversees the Halepuna Waikiki by Halekulani. Halekulani is a member of The Leading Hotels of the World and is aligned with Tokyo's legendary Imperial Hotel. For further information, please visit www.halekulani.com.

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