

Welina mai me ke aloha iā kākou...

Greetings and Aloha to you,

Welcome to Halau o Kahealani. This email will help to get you familiar with the halau, protocol and communication.

Communication:

We use email and group texting for announcements and updates. Please see following pages on Remind.com. Also be sure to download the WhatsApp text app from the app store. Lastly, be sure you signed and turned in a waiver form with your email address and cell phone number listed.

Tuition:

Tuition is due on the last Thursday of the month for the following month. Ex: August 30, 2019 for September 2019. The last day to pay without incurring a late fee is the last day of the month prior to the effective month. (August 31 for September). The late fee is **\$5 per day** after the last day of the month.

If you are unable to make your payment in person on the due date to avoid a late fee, you may pay online using Venmo without a fee (<https://venmo.com/>)

Tuition is due in full regardless of how many classes you attend per month. You may attend as many classes as you choose unless attendance in that class is based on the “**instructor’s recommendation only**”. Please see the “classes offered”. There are usually no make-up classes offered since you can attend more than one class per week. Exceptions may apply for classes which meet only once per week. All holidays are observed.. no exceptions.

Classes offered:

See attachment for a list of classes for both Keiki and Adults. For the schedule and location of classes visit: <http://www.pvhula.com/class-fee-and-schedule.html>

Halau Training Videos:

You may take a video of the dances during class to practice at home on your own. I will also send you class videos via Whatapp.

All dances and videos are not to be shared with others outside the halau. These are my dances or dances that have been passed on to me and therefore are my personal property and are not to be taught to others outside the halau without prior permission.

Making your Pa'u skirt:

When you wear your pa'u skirt, you are putting on your hula persona. This means you are prepared and ready to learn hula. A pa'u shirt is mandatory in ALL traditional hula schools. You may purchase your skirt at a local Hawaiian store or make it yourself.

The website for the fabric store in Hawai'i is: <https://hawaiifabricmart.com/> or purchase fabric locally at <http://www.islandsfabric.com/>. The prices are about the same per yard, the only difference is you pay shipping if buying from Hawai'i.

For adult an pā'ū you can use 4-5yds. personally I prefer 5 yds. For the keiki 6-8 years old 3 yds is good, 9-12yrs, 4 yards are best. For ages 4-5 you could use 2 yards.

The motto of the halau is "mohala i ka wai ka maka ka o pua" which means, flowers will thrive where living conditions are good. It is my responsibility to create a positive learning environment and to nurture the flowers for growth.

Mahalo,
Kahealani Kamahēle

Kahea would like you to join Kahea Hula! remind

To receive messages via text, text **@kahea** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @kahea'.

Trouble using 81010? Try texting **@kahea** to **(424) 295-0643** instead.



*Standard text message rates apply.

Or to receive messages via email, send an email to **kahea@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.

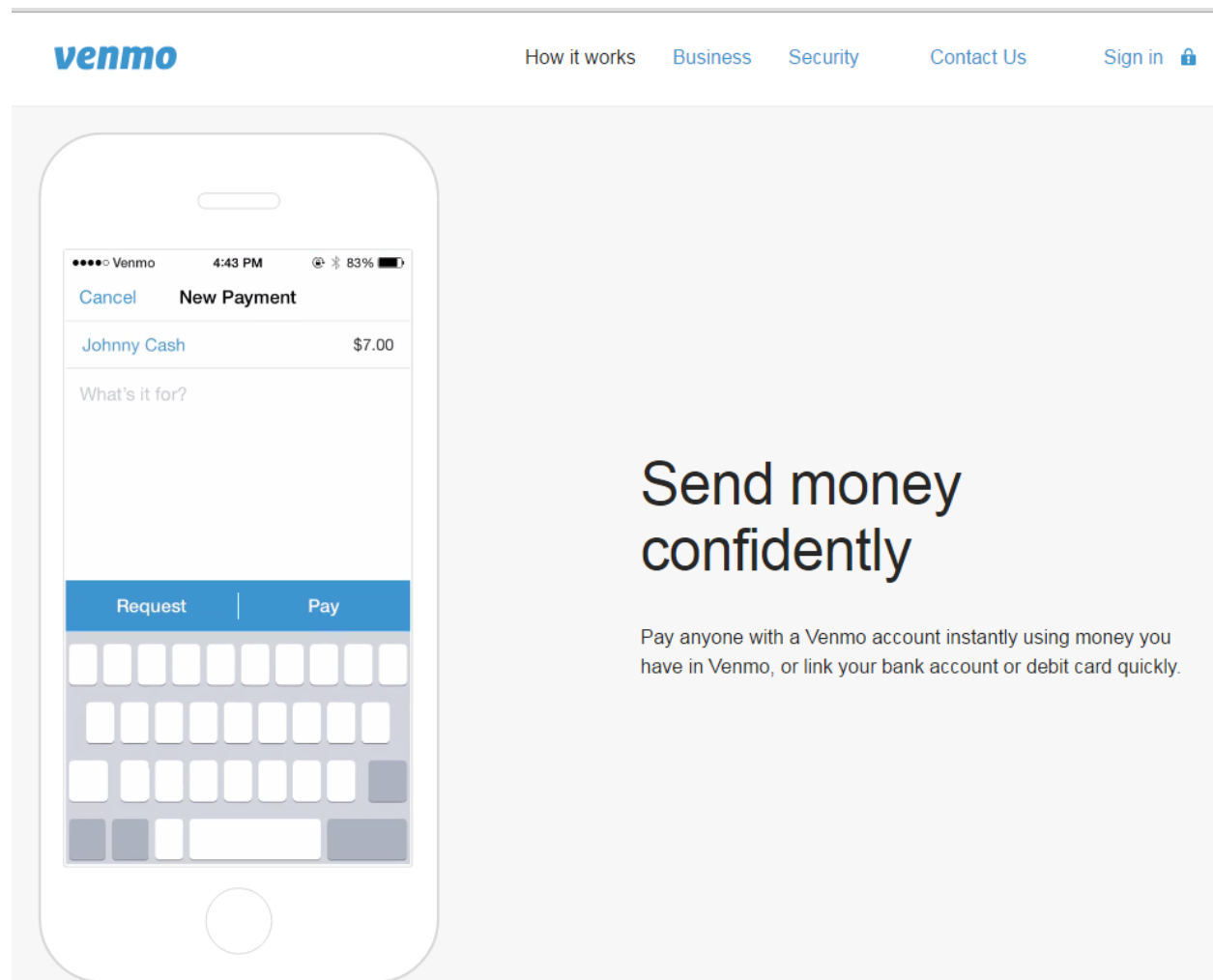


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To add an additional layer of security to your Venmo account, [learn how you can set up a PIN code in our mobile apps](#).

Halau O Kahealani

Hula dancing has many benefits for adults as well as children. Hula is one of the best ways to learn about the Hawaiian culture, language, customs and protocol. In Hawaii and abroad, students learn hula at a very young age. Many schools in California offer something different to their students (performance, competition, cultural sharing, etc.) Finding a hula school in your area that is right for you will take some time and research.

Halau O Kahealani is culture and learning based. Students are not required to perform however small performances are available for students that are interested in experiencing “the stage”. Please read below for a description of our keiki classes.

Kaikamahine A (Age 6-8)

Children learn all basic hands and feet movements according to *Ike Kumu basics* (handout). They will learn ancient, contemporary and noho hulas. In addition they will be slowly introduced to dancing with hula implements (short kala’au, pu’ili). This class will help prepare the student to move forward in skill and understanding required in the next level (Kaikamahine B).

Kaikamahine B (Age 9-12)

Students will be tested on Hawaiian vocabulary and need to know the *Ike Kumu* basics. They will learn dances which require more complex movement and coordination. Hula implements used in this age group will be ipu, ‘uli’uli, pu’ili and ‘ili’ili. This class will help prepare the student to move forward in skill and understanding required in the next level hula (teen hula class).

Teen Hula (Ages 13-17)

At this level, students will have mastered the foundation skills for both ancient and modern styles of hula. Because teens learn at a rapid pace they will be learning on average one hula per month. Ancient hulas will include ‘Ai Kahiko (hulas written in the 20th and 21st centuries that follow the stylistic protocols of the ancient hula kahiko) and lineage kahiko. At times this class will be strenuous both physically and mentally. Please be sure to bring water and a towel to class.

Students in this class will be required to perform at festivals, recitals and cultural sharing programs as requested.

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Hula Aerobics (All Ages)

Daily exercise such as walking, swimming or bicycling is all aerobic activities that affect your heart, lungs and blood flow. Regular aerobic exercise can help you to live a longer and healthier life. During *Hula Aerobics*, you will repeatedly move large muscles in your arms, legs and hips allowing you to breathe deeply, maximizing the oxygen in your blood. Your body will release endorphins reducing stress and improving sleep. Regardless of your age, weight or athletic ability, *Hula Aerobics* will help you reach your fitness goals.

Hula for Beginners (All Ages)

This 30 minute class is focused on the repetition of basic hula steps to provide the beginning student with a greater understanding of Hawaiian dance. Students are introduced to hula through basic hand and foot movements helping them to develop coordination and rhythm. Slowly basic dance steps are arranged into hulas. This class will prepare the beginner student for the next level of hula which would be the Recreational Hula class.

Recreational Hula (All Ages, All Levels)

Recreational exercise provides cardiovascular and psychological benefits such as, reducing stress, improving self-esteem, and meeting new people. Recreational Hula is a low impact, relaxing form of exercise that gets your body in motion to improve circulation and oxygen to your muscles. The value and benefits of Recreational Hula is best seen over a long period of time. Regular attendance over a prolonged period of time will result in an enhanced quality of life, more energy, and the social benefits of meeting like-minded people who share common interests.

Advanced Hula (Performing Group)

At this level, adult students will have mastered the foundation skills for both ancient and modern styles of hula. The advanced class is responsible for learning ALL dances taught in the halau and be able to perform it professionally on stage.

Students in this class will be required to perform at festivals, recitals and cultural sharing programs as requested.