

SCHEDULE

The schedule below is meant to be a guide. We will also be open to the flow in the moment as the retreat unfolds... some things may take longer than planned and other activities may take less time. We have an ambitious curriculum planned and may not get to everything on the schedule. Please plan to go with the flow! Any unscheduled time is intended for free time, walks in the woods, rest or whatever you'd like. You are encouraged to stay on the grounds of the Greensprings the entire time, so as to support your having a dedicated retreat experience. This will also contribute to the overall cohesiveness of the group.

* All classes held in the Yurt unless specified otherwise (located in between the restaurant and Inn).

Friday, February 1

2-3 pm: Check-in; go to the restaurant at the Greensprings Inn for keys/directions to your room or cabin.

3 pm: Opening circle

3:30 pm: Oli Class / Entrance into Halau Protocol

4 – 6 pm: Hula Kahiko class - Part 1 (Ho'oipo Ka Maile)

6 – 7:30 pm: DINNER BREAK

7:30 pm: Talk Story + Hei lesson

8:30ish: Pau (finish)

Saturday, February 2

9 - 11 am: Oli and Hula Kahiko class - Part 2

11 – 11:30 am MORNING BREAK

11:30 am – 1 pm: Hula 'Auana class - Part 1 (O Ke Kai 'O Kaula)

1 – 2:30 pm: LUNCH BREAK

2:30 - 4:30 pm: Hula 'Auana class - Part 2 + Hula to accompany Hei

4:30 – 6 pm: AFTERNOON BREAK

6:00 pm: Catered group dinner at Yurt, provided by the Greensprings (separate charge - \$15) / Kanikapila

7:30 pm: Mo'olelo (Hawaiian story) or continuation of hei practice

8:30ish: Pau (finish)

Sunday, February 3

9 - 11 am: Hula and Oli class (review)

11 – 11:30 am: MORNING BREAK – check out of cabin or room

11:30 - 1 pm: Wrap-up and Closure

WHAT TO BRING

Cold weather clothing

Study walking or hiking shoes for walking around the grounds of the Greensprings

* HIGHLY RECOMMENDED: Anti-slip Ice Clips or Crampons (wear over regular shoes) – available on Amazon for \$6 on up or locally – if there is snow, the grounds are plowed but can be icy

Flashlight

Hula attire

Hula notebook or journal (anything you might wish to have to take notes)

Recording devices (phone, camera, etc., if you wish to obtain audio or video records)

'Ukulele and song sheets if you have