



# “Winter’s Night Spiritual Journey”

Friday, January 31, 2020

8:00pm – 9:00pm – Movement by Candlelight

9:00pm-9:30pm – Hui o Mana’o & Reflection

\$15.00 per person, Cash only

Ages 18+

*SLOW IT ALL DOWN*

*PEACEFUL, TRANQUIL, HEALTHY ~ THE ULTIMATE STATE OF BEING-NESS...*

*Envision: White sandy beaches, Majestic Mountains, Tropical Rain Forests*

*TAP INTO THE VALLEYS OF YOUR IMAGINATION.*

*Move to nature’s tropical rhythms, soft, gentle, easy...*

*Feel the heartbeat of Planet Earth.*

*No Dancing ~ Gentle movement, stretching, focusing on the  
Of the Spirit.*

*E Komo Mai! Come with us!~*

*MOVE WITH THE TRADEWINDS, FEEL THE BEAT OF THE NATIVE DRUM.  
HEAR THE ECHO OF PARADISE*

*Your body moves, your mind reaches ~  
Be in a state of Aloha!*

*The Barefoot Hawaiian Studio  
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**CANCELLED**