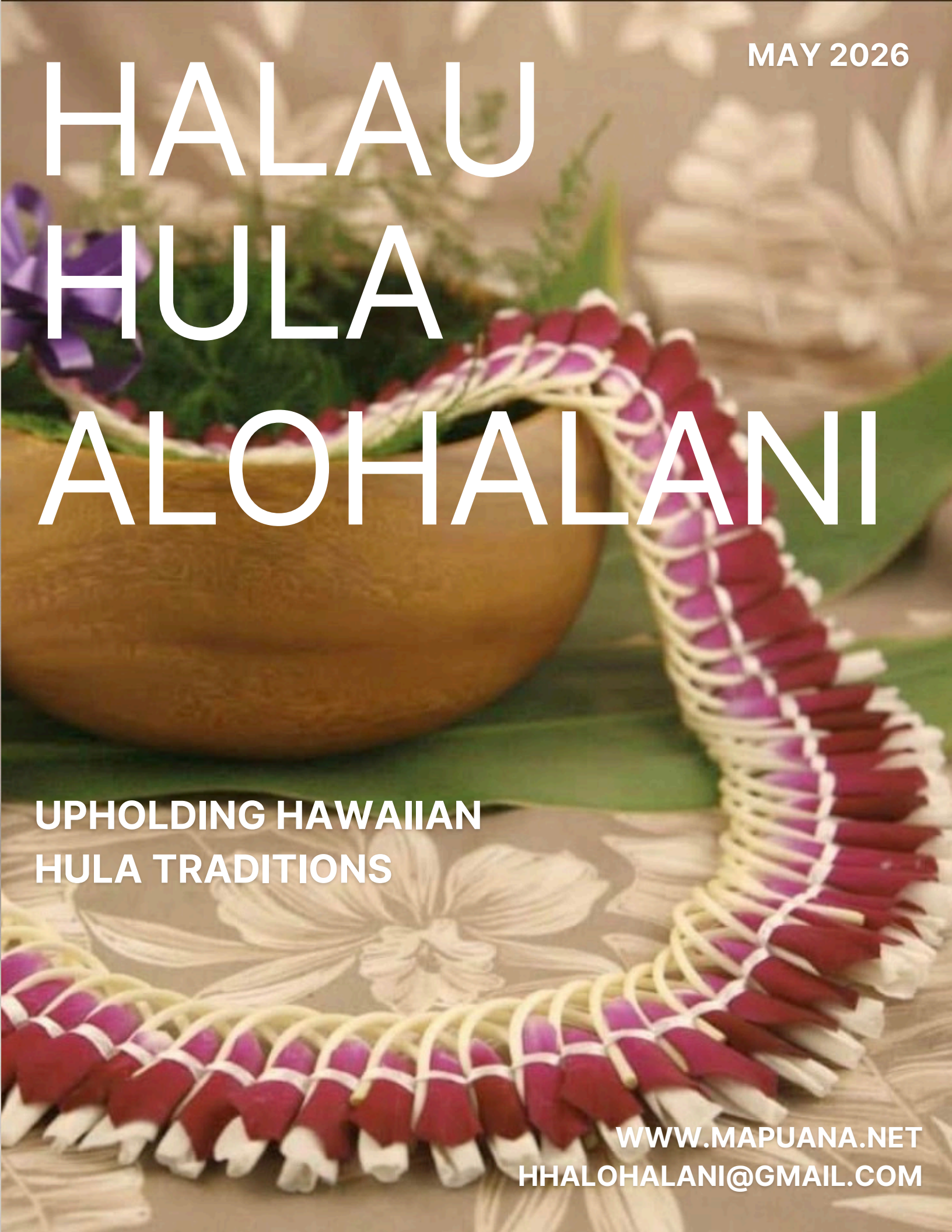
MAY 2026

HALAU HULA ALOHALANI



UPHOLDING HAWAIIAN HULA TRADITIONS

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Hula is the cultural dance of the Hawaiian people.

The movements in this traditional dance reflect the natural environment of the islands: the play of the wind through the trees, sound of the ocean as it breaks at the shore, the gentle nourishing rain, and the great land that connects humans to a sense of place. Hand and foot movements reflect the story of the elements, plants that grow on the land, and in the sea.

Experience the depth and traditions of hula in a structured setting inspired by island living. Our classes honor the teachings passed down through generations of hula practitioners, rooted in the legacy of the last reigning king of Hawai'i, King David Kalakaua.

Students learn foundational steps, 'oli (oral history in chant form), ad the cultural significance behind each movement. Emphasis is placed on discipline, respect, and connection to the 'ike (knowledge) of Hawai'i.

Individualized attention focuses on technique and learning new dance skills while enjoying the music and rhythms of the Hawaiian islands. Instruction is open to beginners or seasoned dancers.

In-person classes are available in Florida and South Carolina, in addition to online classes.

We teach hula because it's in our hearts. We accept donations to our hula school so we can continue operating. Contact us to review donation options: (808) 753-2440.

HULA FOR HEALTH

Dancing toward wellness, balance and joy.

Hula, the traditional dance of Hawai'i, is far more than an art form or cultural expression—it is a holistic practice that nurtures the mind, body, and spirit. While often associated with its graceful hand gestures and rhythmic hip movements, hula offers a multitude of health benefits for adults of all ages. Whether practiced for recreation, cultural connection, or as part of a holistic wellness routine, hula provides a unique and enjoyable pathway to improved health and well-being.

Physical Health Benefits

Cardiovascular Fitness

Hula is a dynamic dance that often requires continuous movement, which can raise the heart rate and improve cardiovascular endurance. The gentle yet persistent motion can help maintain healthy blood pressure, may lower the risk of heart disease, and generally increases stamina. Research shows that the moderate intensity of hula dancing is comparable to brisk walking or light aerobic exercise, making it accessible for adults at various fitness levels.

Muscle Strength and Toning

Practicing hula engages multiple muscle groups, including the legs, core, arms, and back. The deliberate bending of the knees, swaying of the hips, and sweeping arm motions help tone muscles and enhance overall strength. Over time, regular hula practice can lead to greater muscle definition, improved posture, and enhanced physical stability.

Balance and Coordination

Hula dancers must synchronize their movements precisely to music and drum beats. This coordination between upper and lower body develops balance, agility, and spatial awareness. This is particularly valuable for adults as balance tends to decline with age, increasing the risk of falls. Hula's emphasis on grounded stances and controlled transitions helps maintain and even improve balance in daily life.

Flexibility

The flowing movements of hula require and encourage flexibility, particularly in the hips, legs, shoulders, and torso. Warming up and stretching are integral to hula practice, which helps to maintain and increase the range of motion in joints. Improved flexibility contributes to reduced muscle stiffness and lower risk of injury, fostering greater ease of movement in everyday activities.

Weight Management

Depending on the style and intensity, a hula session can burn a significant number of calories. As a form of moderate exercise, hula may assist with weight management by boosting metabolism and encouraging regular physical activity. Because hula is enjoyable and often practiced in a group setting, it can promote adherence to an active lifestyle more effectively than some traditional forms of exercise.

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Bone Health

The weight-bearing movements involved in hula, such as knee bends and steps, support bone health by stimulating bone remodeling and density. This is especially important for adults, particularly women, who are at greater risk for osteoporosis as they age.

Mental and Emotional Wellness

Stress Reduction

The rhythmic, repetitive movements and melodic music associated with hula induce a meditative state, helping to calm the mind and reduce stress levels. The focus required to learn and perform hula routines may serve to divert attention from daily worries, fostering relaxation and emotional release.

Mood Enhancement

Dancing releases endorphins—commonly known as “feel-good” hormones—that elevate mood and combat symptoms of anxiety and depression. The community aspect of hula, which often involves group practice and performance, further fosters a sense of connection and joy.

Cognitive Benefits

Learning hula involves memorizing complex sequences, understanding the meaning behind movements, and sometimes learning chants or songs in the Hawaiian language. This mental engagement sharpens memory, concentration, and cognitive flexibility. Studies indicate that dance, in general, may help prevent or delay cognitive decline associated with aging.

Cultural Connection and Sense of Purpose

For many, hula is deeply rooted in cultural identity and spiritual connection. Participation in hula can foster a sense of belonging and continuity, offering adults a meaningful way to engage with heritage and community. This sense of purpose is strongly linked with overall well-being and life satisfaction.

Social Benefits

Community and Camaraderie
Hula is often practiced in groups, creating opportunities for social engagement and support. Building relationships within a hula community reduces feelings of isolation and loneliness, which is especially important for adults as social networks may diminish with age.

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Intergenerational Learning
Hula is a tradition passed from generation to generation, welcoming dancers of all ages. Adults who participate may both learn from elders and serve as mentors to younger dancers, strengthening intergenerational bonds and mutual respect.

Accessibility and Adaptability

Suitable for All Ages and Abilities

One of hula's greatest strengths is its adaptability. Movements can be modified to accommodate different fitness levels, physical abilities, and even mobility limitations. Seated hula, for example, allows those with balance or endurance challenges to enjoy the benefits of dance. This inclusiveness ensures that adults at any stage of life can participate and thrive.

Safe, Low-Impact Exercise

Unlike high-impact sports, hula's movements are gentle on the joints, making it a safe option for adults who may have concerns about injury or chronic pain. The emphasis on form and control helps prevent strain and encourages mindful movement.

How to Get Started

Adults interested in exploring hula can find local hālau (hula schools) or virtual classes that welcome new dancers. Beginners are introduced to basic steps and hand motions, gradually building skill and confidence. Wearing comfortable clothing and being open to learning are the main prerequisites.

- Start with beginner classes to learn foundational movements and terminology.
- Practice regularly to build strength, flexibility, and muscle memory.
- Engage with the cultural aspects—learn about the history, meaning, and music of hula.
- Celebrate progress and participate in group events or performances as desired.

Hula is more than a dance

It is a celebration of life, culture, and wellness. For adults, practicing hula offers a gentle yet effective way to enhance physical health, sharpen the mind, cultivate emotional resilience, and connect with others. Its accessibility, adaptability, and cultural richness make hula a uniquely rewarding form of exercise and expression, inviting everyone to dance their way toward holistic health.

OUR HULA SCHOOL

In keeping with the traditions passed down through our hula lineage, we are devoted to safeguarding Hawaiian culture via the art of hula.

We focus on the authentic chants and dances that have been taught to us through traditional methods, especially those from the 18th and 19th centuries.

We are committed to upholding the values of **aloha, ho'ihi, ala haiki, and kulia ia ka nu'u** (love, descipline, and a commitment to excellence) through hula practices. We believe that hula holds little significance if it does not enhance our lives and help us to become better individuals.

CONTACT & LOCATIONS

Homosassa, Inverness & Crystal River, Florida

L. Mapuana Kaleoaloha B. Axelson

Kumu Hula, in-person & online classes
Hālau Administrator

- Kilohana Performing Hui
- Awapuhi Ke'oke'o Performing Hui
- Melia Onaona Performing Hui
- Hula Ki'i (Hawaiian Puppet Theatre

Columbia, South Carolina

V. Waleliakapuakaimi Hostos

Instructor, in-person classes

- Keiki Hula 5-15
- Makua Hula 15+

Leader, Awapuhi Ke'oke'o Performing Hui

www.Mapuana.net
(808) 753-2440
hhalohalani@gmail.com
Facebook: Halau Hula Alohalani
Meetup: Halau Hula Alohalani
Instagram: Awapuhi Ke'oke'o

WHAT'S IN A HULA CLASS?

Cultural Foundations of Hula

Hula classes teach dance alongside Hawaiian culture, history, and stories (mo'olelo). Students learn about chants (oli), songs (mele), and values like kuleana (responsibility) and aloha (compassion).

Foundational Skills for Beginners

Students spend time mastering basic movements, building muscle memory through repetition. They learn key Hawaiian terms and correct pronunciation, practice traditional chants, dance to mele (songs), and use instruments like the ipu and pahu drums.

Our hula school offers both of the main styles, which give students the opportunity to gain insights into Hawai'i's history, legends, spirituality, language, and about the land.

- **Hula Kahiko** – This is the traditional style of hula, accompanied by chants and percussion implements.
- **Hula 'Auana** – This modern style features melodic music and instruments such as the 'ukulele & guitar.

Introduction to Traditional Hula

For the novice dancer ages 15+, focus is on basic steps, hip movements, hand motions and proper hula posture for confidence and entry level hula choreography. Includes an introduction to 'olelo Hawai'i (Hawaiian language).

Makua Hula

A faster-paced class for more experienced dancers ages 15+, refining technique and learning more complex choreographies and kaona (hidden poetic meanings). Includes some hana lima (making lei, some hula attire, and hula implements, 'olelo Hawai'i (Hawaiian language studies).

WHAT'S IN A HULA CLASS?

Keiki Hula

Age-separated classes (4-7 or 8-14) where basic steps, movements, hand motions, song and Hawaiian culture studies through movement are offered. Includes some entry-level hana lima (making lei), and use of basic hula implements.

Kupuna Hula

Best class for seniors ages 65+ this lower-intensity, slower-paced class is for great overall exercise and enjoyment of multiple aspects of hula and Hawaiian cultural studies. Includes some hana lima (making lei, hula attire, and some hula implements.)

Chair Hula

Designed for mobility-challenged people ages 15+ who love to dance. Participants may develop upper body strength while learning arm and hand hula movements, and explore the stories and emotions tied to the poetry of the songs. Come prepared to have fun with it!

Hula Workshops, Specialty Classes & Retreats

For the more seasoned dancers, these options strengthen foundational skills while progressing through more complex hula and chanting. Includes ʻolelo Hawaiʻi (Hawaiian language), ʻoli (chant) studies, making more complex hula implements, attire and adornments.

SHARING HULA

Sharing hula that we have learned yields significant benefits for both the hula practitioner and the community. It acts as a tool for cultural preservation, fosters social connection, enhances mental and physical well-being, and provides a sense of purpose through mentorship.

Key benefits of sharing hula include:

Cultural Preservation and Expression

- Perpetuating Tradition: Sharing hula ensures that Hawaiian history, stories, and cultural knowledge are passed down to new generations.
- Deepening cultural appreciation: It allows both native Hawaiians and non-Hawaiians to appreciate the cultural heritage and traditional practices of Hawaii, notes a study on hula in cardiac rehabilitation.
- Sharing Aloha: Sharing hula is a way to express aloha (unconditional kindness, hospitality, and unity), which brings people together and spreads a positive, uplifting spirit.

Social and Community Connection

- Tackling Loneliness: Sharing and performing hula connects people, fostering a community that helps alleviate feelings of isolation.
- Creating brotherhood/sisterhood: Sharing the dance helps build a supportive community.
- Building support networks: It facilitates the creation of a "family-like" social support system that increases confidence.

Mental and Emotional Wellness

- Healing Potential: Hula is considered a healing art that promotes mental and emotional health.
- Managing anxiety & stress: Sharing the art form can help channel energy positively and provide relief from stress and anxiety.
- Joyful Connection: Sharing the passion for movement brings joy, smiles, and laughter to others.

SHARING HULA

Mentorship and Personal Growth

- Building Confidence: Teaching and sharing hula can help others overcome fear and build self-confidence.
- Mentorship Opportunities: Sharing hula allows experienced dancers to mentor younger or newer dancers.
- Overcoming Personal Obstacles: For the instructor, sharing the dance they love is an act of empowerment and continued learning.

Physical Health and Wellness

- Low-Impact Movement: Sharing hula encourages others to engage in a low-impact, full-body workout that improves balance, coordination, and posture.
- Core Strengthening: The movement involved strengthens the core, legs, and arms, offering a fun way to stay active.

By sharing the hula we learn, we not only preserve an important art form but also provide others with a way to connect with themselves, their community, and their environment.

HALAU
HULA
ALOHALANI

ENTERTAINMENT PACKAGES

We tailor options to best fit island-themed events.
For more information or to reserve a special date contact us today!

(808) 753-2440
www.Mapuana.net
hhalohalani@gmail.com

- birthdays, wedding, & anniversary celebrations
- corporate events
- graduations

- cultural festivals
- community service projects
- health and wellness programs
- library, civic group and school projects
- collaborative community partnerships

- dance class packages
- stage productions
- photo shoots
- lei greeters

LAULIMA ME NA MEA HO'OKANI PILA

(working together with musicians)

We are blessed with many wonderful ukulele players and Hawaiian singers in our community, and offering hula to reflect the lyrics is one way we honor their music.

Interested in learning?

·**Play the ukulele:** Contact Carole at (310) 666-5849.
·**Learn hula:** Contact Kumu Mapuana at (808) 753-2440.