

# Hale Mana'o

## The House of Knowledge

Sponsored by:



### SATURDAY, MARCH 14

- 10:45 **Ku'uipo Kumukahi**  
Hear the stories and songs of Old Hawaii as shared by this award-winning performer, songwriter, recording artist, and cultural educator.
- 11:45 **Tahiti: Cultural traditions and more**  
*Steve and Moenau Rivera, PORINETIA Haere Mai!* Learn about Tahitian language, culture, traditions, legends, travel, and dance.
- 12:45 **Hawaiian Medicine & Counter-Sorcery**  
*Dr. Ka'imiloa Chrisman*  
Learn amazing Hawaiian medical practices, plus other Polynesian and Western ones of the times.
- 1:45 **Lomi Lomi: Hawaiian massage**  
*Millie Ho, Hale O Lomi Ola*  
The objective of *lomi lomi* is to bring balance and harmony back to the physical being. Join Millie to learn more about the style and the philosophy.
- 2:45 **Coconuts' Role in South Pacific Culture and life**  
*Jay Corral & Kristen Kasper, Island Liaison*  
Stories and myths tell about how they were gifted to islanders to provide for all their needs, from food to shelter. And they play in important role in our modern diets as well. Learn about the coconut and how it sustains us to this day.
- 3:45 **Learn how to string a flower lei**  
*Taught by: Hula Halau O Ualani*  
Learn to make a single strand flower lei using the stringing method. Create your own orchid flower lei for your wrist.  
*Supplies donated by Hawaii Flower Lei*

### SUNDAY, MARCH 15

- 10:45 **Learn to hula**  
*Kaimikahu Hale O Hula*  
*Keiki* of all ages can have fun hula with beginning steps a  
Guaranteed to get you moving!
- 11:45 **Hawaiian Kine story time**  
*Shernelle Copland*  
The whole *ohana* will enjoy these stories from the rich oral traditions of Hawaii.
- 12:45 **Learn how to string a flower lei**  
*Taught by: Napuaolei'ilima Hula Halau*  
Learn to make a single strand flower lei using the stringing method. Create your own orchid flower lei for your wrist.  
*Supplies donated by Hawaii Flower Lei*
- 1:45 **Explore Siva Samoa (dances of Samoa)**  
*Albert Tupuola, Tatau Mānaia*  
In this workshop you will learn about the *Ma'ulu'ulu, Fa'ataupati, Sāsā, and Mānaia.*
- 2:45 **Ku'uipo Kumukahi**  
Hear the stories and songs of Old Hawaii as shared by this award-winning performer, songwriter, recording artist, and cultural educator.
- 3:45 **Learn how to make a Ti leaf lei**  
*Taught by: Halau Hula `O Ka`anohiokala*  
Learn to make a lei by the twisting method, including prepping the leaves and connecting them together to form the lei.  
*Supplies donated by Tiana Price*