



Our Mission

We welcome you with Big Aloha. The ultimate aim of Yoga, which means “union,” is to unite body & mind while integrating the individual with the wholeness of nature.

At Kona Beach Yoga Studio, we combine the principles of Yoga, Hula and Peace through Fitness & the Arts. We offer practices that assist students in manifesting their vision for optimum well-being.

We encourage your transpersonal journey toward self-knowledge, love & enlightenment. May we all enjoy grace, purpose, precision and compassion.

Namastaloha!

Call Now! #808-329-4772

For Updated Schedule please go to
maryamann.com/schedule

Instructors

Kumu Keala Ching, Hawaiian cultural educator, composer, songwriter, and spiritual advisor, spent many years under the tutelage of Loea Frank Kawaikapuokalani Hewett learning and building his knowledge. Kumu hula and guiding light, he is cultural advisor to halau in California, Japan & Switzerland.

Marya Mann trained in Yoga & Dance at Chicago Moving Company, worked with Richard Freeman, Shiva Rea & Mukunda Stiles, & traveled in Asia, Australia & India studying & presenting. Writer for Ke Ola Magazine, Holy Cow! Theater & Stand-Up Yogi, she teaches heart-opening & aha!-ha asana.

Mitesh Banthia holds a Yogic Sciences & Naturopathy Bachelor Degree from Mangalore University in India. He practices the 8-Limbed Raja Yoga, specializes in deep meditation and inner focus, and encourages moving the way Spirit makes you move.

Joanie Collins, Certified Pilates Instructor, classical musician and former artistic director of Performing Arts and Cultural Exchange Studios (PACES) in Kealakekua, plays Irish fiddle and Hawaiian ‘Ukulele. Her passion is your joy in movement.

Sara Bloom has a Bachelors Degree in Fitness Management & Business & is certified as a personal trainer through the National Academy of Sports Medicine. A Certified Yoga Instructor, she offers modifications and a non-competitive environment.

Melissa Katherine Prentice, certified and licensed Massage Therapist, has a 1000- hour Vinyasa Yoga Teaching certificate from Corepower Yoga. Loving anatomy, she has developed a practice that is centering, powerful and above all fun!!



Yoga, Health & Hula



*The Yoga Studio at
Kona Beach Hotel*

**75-5660 Palani Road
Kailua Kona, Big Island , Hawai'i**

E Komo Mai  *Namaste'*

Vinyasa Yoga ~ ‘Ukulele ~ Hawaiian Language ~ Joy ~ Gentle Yoga ~ Meditation ~ Hula ~ Dance ~ Pilates
Keiki Hula ~ Hula Kahiko ~ Hula Auana ~ Yoga for Peace ~ Yoga Dance ~ Yoga for the Rest of Your Life

Class Descriptions

Beginners' Mind Yoga— Novice

Basic postures & breathing with lots of explanation and guidance to help new students establish a strong, daily personal practice.

Gentle Yoga & Peace Yoga – All Levels

Slow movement with focus on the breath, centering & proper alignment offering overall fitness & deep meditation. Calming, builds stamina and balance.

Vinyasa Yoga – Level I-II

Breath-synchronized movement to awaken core strength & align you with your true nature so that joy spontaneously from your center. Energetic!

Affirmative Yoga – All Levels

Restorative movement balances & re-educates the bodymind to be a fully aligned presence in the world. Specific affirmations uplift your present life.

Yoga Dance – Level I-II

A blend of *asana*, sacred dance, modern dance, and rhythmic music gives you vitality, grace and power.

Pilates Mat – All Levels

Systematically activating all layers of the abdominal powerhouse, we move from the inside to tone & lengthen. Joyful class that stabilizes your core.

Keiki Hula - Beginning and Advanced

Basic hula, chanting & motions fit for a hula beginner as they gain an understanding of basic beats and tempos.

Hula Kahiko - Beginning and Advanced

Ancient storytelling style showing the traditions of Hawai'i. Learn basic steps, hand motions & island history through chant and movement

Hula Auana – All Levels

Modern style perpetuated by King David Kalākaua teaches the traditions of Hawai'i through gentle movement and music.

Hawaiian Language – All Levels




Learn basics of vocabulary, phrasing and concepts used in chanting, place names, hula and conversation in this fun, practical class.

'Ukulele – All Levels

Elegant and easy music-making. Learn to strum, basic chords, and Hawaiian language songs in English. Have a great time!

Fitness Ball Class – All Levels

The Ball stabilizes the spine and pelvis, develops balance and engages core strength for centering.

	Mon	Tue	Wed	Thu	Fri	Sat
Mornings	7:30—8:45 am Gentle Yoga Sara \$15	7:30—8:45 am Vinyasa Yoga Marya \$15	7:30—8:45 am Gentle Yoga Sara \$15	7:30—8:45 am Vinyasa Yoga Marya \$15	7:30—8:45 am Gentle Yoga Marya \$15	7:30—8:45 am Vinyasa Yoga Sara \$15
SPECIALS:						
* Kama'aina Rates & 5-Class Pass for \$60		9-10:00 am Pilates Mat Joanie \$12		9-10:00 am Pilates Mat Joanie \$12		9 am – Noon Workshops! Go to Calendar at marymann.com
**Beginners' Mind Yoga 6-weeks for \$95	Private Yoga & Fitness Sessions Available	10—11:00 am Beginning 'Ukulele Joanie \$12				11—Noon Hawaiian Language Keala \$12
Afternoons	Noon—1:00 Peace Yoga Melissa \$12	Noon—1:00 Peace Yoga Joanie \$12		Noon—1:00 Peace Yoga Joanie \$12	Noon—1:00 Peace Yoga Melissa \$12	1:00—2:30 pm Keiki Hula Kumu Keala Ching \$15
	4:30 – 5:30 Affirmative Yoga Marya \$12	5 –6:00 pm Private Yoga Class	5 –6:00 pm Private Yoga Class	3:00—4:30 pm Keiki Hula Kumu Keala Ching \$15	1 –4:00 pm Private Yoga & Fitness Available	2:30—4:00 pm Hula Kahiko Kumu Keala Ching \$15
	6—7:30 pm Yoga Dance Marya \$15	6—6:45 pm Fitness Ball Class \$10 Joanie	Studio Available For Rent	4:30—6:00 pm Hula Kahiko Kumu Keala Ching \$15	5:30—7:00 pm **Beginners Mind Yoga Course Marya	4:00—5:30 pm Hula Auana Kumu Keala Ching \$15

Please Pre-Register. Check updated events at Maryamann.com/schedule.

Note on Hula

Implements are important when joining Hula. Please bring an ipu, pu'ili (split bamboo), 'ili'ili (pebbles) and 'uli'uli (rattle gourd) available for purchase through the Yoga Studio. Each keiki is asked to come prepared with a red pa'u skirt, a plain black T-shirt, bottle of water



Custom Yoga

We can design personalized sessions to suit individual goals: health, flexibility, stress relief, peace of mind, empowerment, strength and energy.

Studio Etiquette

Guidelines to make your experience and that of your fellow students more pleasant and focused are: Arrive for class on time, allowing enough time to sign in & set up your practice space. Be sure to check in. Make sure that your body, your clothes and your mat are clean and odor-free. Roll out your mat in line with the others in the room to help you stay balanced as you practice. Please do not leave during savasana (final relaxation). This is disruptive to everyone else who is meditating. If you must leave early, inform the teacher before class, then make sure you allow enough time to put your belongings away & leave before savasana. Put all props you've taken off the shelves back neatly in their proper place after class.

Call 329-4772 & Visit us on Facebook:
Kona Beach Yoga Studio

