



Join us for a full day of Hawaiian studies as we gather to honor and reflect on the teachings of Auntie Carolee Nishi—whose wisdom, generosity, and aloha have shaped generations of learners over the past 50 years. This immersive workshop offers a rich variety of hands-on classes including lei making, flower crafting, featherwork, hula, chanting, instrument making, plant propagation and care, music, and more. Whether you're a longtime student or new to these traditions - come ready to learn, enjoy a Hawaiian lunch, participate in a kanikapila, and share and celebrate the enduring legacy of Hawaiian knowledge and culture.

Saturday, October 18, 2025
Nuuanu YMCA, 9 am -3 pm
\$85 includes a Hawaiian Lunch

HHK and Na Maka students, please ask your kumu for a registration code

Mahalo Nunui...

Roxy Berg
Lynette Chang
Aaron Clevenger
Annette Endow
Warren Higa
Mahealani Kam
James Kam and Stacy Reide
Chris Kamaka
Kalei Kaohi
Nalani Ke'ale
Sherilyn Kimura
Lance and Kiralee Kuraoka
Lynette Lo Tom
Meredith Miller
Kaila Nishi
Lori Pasatiempo
Joy and Michelle Quensell
Andrew and Evina Sana
Shannon and Mandi Scott
Robyne Sonomura
Taren Taguchi
Sharon Tomita
Kaylena Torres
Dora and Krystal Yamamura
Auntie Carolee Nishi

Na 'Opio, Kupuna, and Makua
of Hula Hui o Kapunahala
YMCA of Honolulu

Aloha is Everything

Mahalo Auntie Carolee
for 50 years of
sharing aloha
with YMCA
keiki to kupuna



*There's so much more
to hula than hula...*

Morning Session

- ❑ **Keiki Hula with 'ili'ili** - Auntie Sherilyn Kimura will introduce keiki to the rhythmic art of dancing with Hawaiian stones, how to hold and keep the beat with a simple Hula 'Auana, gaining a fun and meaningful introduction to Hawaiian culture through dance, rhythm, and storytelling.
- ❑ **Let's Make Lau Lau** - Celebrated cookbook author, food columnist, and cultural storyteller Lynette Lo Tom leads this hands-on workshop in making lau lau. Participants will learn how to prepare and wrap lau lau, while gaining insight into its cultural significance and the stories behind the food.
- ❑ **Got Puakenikeni?** - Celebrate the beauty of puakenikeni in a fun and artistic way! In this hands-on workshop, Auntie Kalei Kaohi will teach participants to sculpt flowers out of polymer clay and transform them into wearable art.
- ❑ **Haku Lei** - Join Kaylena Torres for an introduction to the traditional Hawaiian art of haku. Participants will learn the beautiful and intricate braiding technique that can only be perfected with practice!
- ❑ **Ribbons for Days** - Take your lei-making skills to the next level in this advanced workshop with Auntie Dora Yamamura, and learn intricate ribbon techniques that involve cutting and folding individual petals to form stunning, multi-colored flowers.
- ❑ **Wili Lei** - Known for its beauty, versatility, and strength, this lei is often (incorrectly) referred to as a haku. Mahealani Kam will guide participants through the basics of this spiral wrapping method, helping them understand how to layer and secure flowers and foliage with intention and care.
- ❑ **Basic Guitar** - Music and hula go hand in hand — and learning to play your own music can deepen your connection to the dance. In this beginner-friendly workshop, Robyne Sonomura will teach students basic guitar chords, empowering them to perform a simple song by the end of class.

Afternoon Session 1

- ❑ **Kala'au and 'Ohe Pu** - Uncles James Kam and Andrew Sana lead keiki in making their own kala'au - wooden rhythm sticks - and 'ohe pu - bamboo trumpets, giving them a hands-on connection to Hawaiian traditions.
- ❑ **Feathers and Flowers** - Discover the beauty and tradition of Hawaiian feather crafting with Auntie Lynette Chang, learn foundational techniques — from sorting and cutting to shaping — and create a flower pick to wear in your hair or share as a gift.
- ❑ **Oli Workshop** - In this enriching workshop, Kumu Hula Nalani Keale will introduce students to the powerful and expressive art of oli, or Hawaiian chanting. Designed for intermediate students with some prior hula experience, this class will focus on vocal technique, breath control, and the cultural significance of oli in Hawaiian tradition.
- ❑ **Kui 'ia i ka Lei** - In this hands-on workshop, Auntie Sharon Tomita will teach students the traditional kui method of lei-making—prepping flowers, safely handling tools, and using a needle and string to carefully thread flowers into a beautiful lei.
- ❑ **La'i Workshop: Skirt Making** - In this hands-on workshop, Auntie Carolee Nishi will guide participants through the time-honored process of making a pā'ū lā'i, or ti leaf skirt— students will learn how to prepare, soften, and tie ti leaves, gaining a deeper appreciation for the patience and care this practice requires.
- ❑ **Basic Bass** - Join Kiralee Kuraoka for a hands-on introduction to the foundational rhythms of the upright bass. In this beginner-friendly workshop, participants will learn how to hold the instrument and pluck the strings, and play a song.
- ❑ **Palaka Pants** - Hawaiian print shorts are making a stylish comeback—and now you can learn how to make your own! In this hands-on workshop, Auntie Roxy Berg will teach participants the basic sewing skills needed to create a pair of shorts. While it may not seem like a traditional hula workshop lesson, the same sewing techniques are used to make bloomers, an essential part of many hula costumes.

Afternoon Session 2

- ❑ **Keiki Lei Making** - Auntie Sharon Tomita will take our youngest keiki the traditional kui method of lei-making—guiding children through each step: prepping flowers, safely handling tools, and using a needle to carefully thread flowers into a beautiful lei.
- ❑ **Basic Ribbon Leis** - Auntie Annette Endow, Auntie Gerri Tavares, and Auntie Dora Yamamura will teach participants how to create beautiful ribbon lei, using materials and simple techniques that anyone can learn. All materials will be provided. No prior experience is needed.
- ❑ **Ukulele Basics** - Join the beloved kupuna of Hula Hui o Kapunahala (HHK) for a welcoming and hands-on 'ukulele workshop open to all ages! Perfect for beginners, this class will cover the essentials: how to properly hold the 'ukulele, how to do a basic strum, and the foundational chords you'll need to play Hilo March—a lively and well-known Hawaiian song.
- ❑ **Hula Kahiko** - This dynamic workshop is designed for students with a foundational understanding of hula steps who are ready to deepen their knowledge. Kumu Hula Nalani Keale of Hālau Kaulakahi gives intermediate and advanced hula students the opportunity to expand their hula repertoire.
- ❑ **Lei Gardening** - Every beautiful lei begins with the right flowers—and knowing how to care for them. In this lecture-style workshop, Uncle James and Auntie Stacy Kam will share their deep knowledge of how to properly harvest, handle, and preserve lei-making flowers. Participants will learn which flowers are best suited for lei, how to grow and gather them respectfully, and how to keep them fresh so they last longer.
- ❑ **Maile Style Lei Making** - Join Lori Pasatiempo to learn how to create a maile-style lei using soft, flowing fabric—a modern take on a beloved Hawaiian tradition.