

A Guide To Yoga, Hawaiian-style



Photo: Courtesy of Four Seasons Resort Lanai

The Hawaiian islands are home to an increasing array of unique spins on the ancient art for clients looking to channel their inner yogi Hawaiian Airlines says.

Uplift Maui offers aerial yoga, in which clients can perform poses while partially or fully suspended in a soft silk sling hanging at least a metre above the floor. See upliftmaui.com For those looking for something with a little more energy, Acroyoga involves at least two people and combines yoga, dance and simple acrobatic movements, with three free classes featured each week. Clients can find out

more about this at facebook.com/groups/436120613203435

For animal lovers, Kula Farm in Maui offers goat yoga with 13 adorable Nigerian Dwarf Goats. Aside from yoga, (in which the friendly goats join in and sometimes climb on those in the class), every session includes 30 minutes to pet, cuddle, photograph and feed the goats. See mauigoatyoga.com

Horse yoga (AKA yoga with a view across a horse-laden paddock) is also catching on in the Hawaiian Islands, and is offered at Zen Horse Senet Yoga in Lanai (fourseasons.com) or at HorSea Yoga in Oahu (turtlebayresort.com).

Haena New Rules

Following the re-opening of Haena State Park in Kauai, agents are reminded that a number of new rules are now in place. All people, as well as vehicles, travelling to the park must have an advanced reservation and permit from gohaena.com. Parking is not allowed along the Kuhio Highway or on side streets. Alternatively clients can use the North Shore Shuttle, with the ticket price including the paid entrance into the park. See kauainsshuttle.com.

... Water Based

For those feeling more adventurous, there are numerous companies offering yoga in the ocean or pool. Highlighted options include Stand-up Paddleboard Yoga at Magic Island in Ala Moana Beach Park, available to Outrigger guests; while Hilton guests can opt for SUP yoga at Duke Kahanamoku Lagoon. Mauna Kea Beach Hotel also offers SUP yoga in Kaunaoa Bay on Hawaii Island. See hawaiianairlines.com/hawaii-stories/adventure/unique-yoga

Festival Line-up

Hawaii's longest running cultural festival, the Aloha Festivals, has officially kicked off with events throughout Sep for clients to experience. Highlights still to look forward to include free concert In The Southern Sun on 07 Sep at Queen's Surf Beach; the family-friendly Ohana Events on 14 Sep at Pearlridge Centre; Hawaii's largest block party the 67th Annual Waikiki Ho'olaule'a on 21 Sep at Kalakaua Ave; and the 73rd Annual Floral Parade which journeys from Ala Moana Park through Kalakaua Ave to Kapi'olani Park on 28 Sep. See alohafestivals.com



Chinatown Art

On the first Fri of every month, Honolulu's Chinatown is home to 'First Fridays', an event described as a 'creative resurgence'. The evening features local art exhibitions, open studios and new installations as well as live demonstrations and trunk shows. Restaurants and bars will offer special deals and menus, alongside live music. See chinatownhonolulu.com

Aloha Oktoberfest



Beachhouse at the Moana is giving diners a taste of Bavaria with its Oktoberfest Feast (04 Oct) featuring a five-course dinner complete with beer pairings. Highlights include bratwurst with Maui onion and fennel kraut paired with Ayinger Brauwiese and venison tartare with soft pretzel and mustard paired with Breakside Pilsner. Oktoberfest Beer Pairings is priced from USD120 plus tax, and reservations are required. See marriott.com for more.

HA Hours Change

Hawaiian Airlines advises agents that its New Zealand reservations hours of operations have changed. The team is now available Mon-Fri 1000-1900, with those who call after hours to be directed to Manila.



The Aloha Spirit Officially Recognised

Honolulu has been recognised as one of the world's friendliest cities, featuring in 43rd place on Big 7 Travel's 50 Friendliest City list. The city was credited for its laidback island vibe as well as its warm and friendly people who are keen to share local traditions.

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