

Zoom Learn to Hula Workout

Saturday May 15 - Zoom Learn to Hula Workout

Learn some basic Hula moves. There are 3 separate workout sets. 9-minute Ka'o and Oniu dance instruction then dance; 8:30-minute Hela and Uwehe dance instruction then dance; and 7:30-minute Kaholo and Kawelu dance instruction then dance.

We will do all three sets with a few minute break between. It's not strenuous at all and the instructions are easy and fun to follow. This is all standing, no floor work. Once we learn these hula movements, I don't have to tell you we will try them out next time we are on the dance floor together! All are welcome.

Please contact Louise to register or for help with Zoom and for all questions.

Date:
Saturday May 15, 8am

Location:
via Zoom

Sign Up:

Let Louise know you're coming by email.

Deadline:
1 hour prior to start

Contact:

Louise Hearty, louise@insideedgeclub.bc.ca

