

HULA NOHO

A SERVICE OF ALOHA



WITH LAUHALA MATT

HULA NOHO *Is the Hawaiian term for “seated dance”*

Our program **Hula Noho: A Service of Aloha**, is a seated dance workshop designed for those living with limited mobility and paralysis. This workshop increases the quality of each person's life by creating an opportunity to connect and engage in a social community through shared movement, music and language. Among the many benefits, this program educates and practices Local Hawaiian culture and the spirit of aloha.



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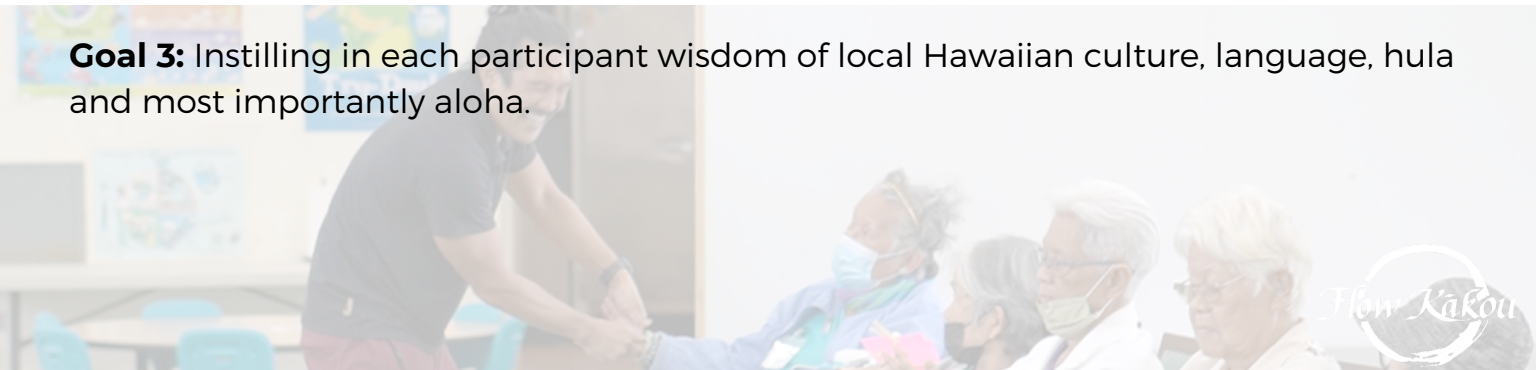
PROGRAM GOALS

Goal 1: Enhancing the quality of life for each participant. Participants include: people living with paralysis, caregivers and family members/friends.

Goal 2: Strengthening physical, mental and emotional memory.

1. Muscle Memory - Dancers practice their dance so much it becomes instinctual. We no longer need to think about the steps because our body has remembered for us. Through practice and repetition we will strengthen each participant's physical memory.
2. Cognitive Memory - Not all participants have the same access to their cognitive memory. For those who can strengthen their mind, they will through practice and repetition. For others it will be a calm and enjoyable experience to simply follow along and move through.
3. Emotional Memory - "A student may not remember what they have learned from their teacher but they will never forget how that teacher made them feel," - Eleanor Roosevelt. The entire class is encompassed with joy and aloha. This positive energy helps to strengthen and increase the emotional memory in each participant through practice and repetition.

Goal 3: Instilling in each participant wisdom of local Hawaiian culture, language, hula and most importantly aloha.



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CURRICULUM

Our mission: to provide a moment of joy, breath, sweat and smiles. Using movement, music and story we will enhance the quality of our lives by connecting deeper as a community and a culture.

This program is rich in culture, diversity and exploration. It uses traditional Japanese and Chinese forms of breathing and stretching techniques. It incorporates improvisation and creative play with music and dance. It offers perspective, exercises and practices for home life. Most importantly, each class ends with learning and performing a hula together.



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SYLLABUS

Warm-Up: Qi gong/Ki breathing techniques with assorted arm movements and variations.

Improvisation: Use creative play with colored scarves and “follow the leader” exercises.

Strengthen and Stretch: Utilize a variety of physical stretches and resistance exercises to enhance breath and create strength and length in the muscles.

Practice Hula: Learn the story, learn the motions, learn to tell the story with the motions. Hana hou!

Perform Hula: Make ready and perform the story to our best and brightest ability. Hana hou!

Cool-Down: Repeat our Qi/Ki breathing techniques and motions.



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EXERCISES

This program utilizes collective wisdom from a variety of different resources and cultures. It uses traditional Japanese Shotokan Karate and Chinese Tai Chi and Qi gong breathing and stretching techniques. It incorporates modern dance improvisation and creative play with music and scarves. It offers safe and certified perspectives on therapeutic exercises and practices for the home environment. Most importantly, each class is an exercise in learning and performing the Hawaiian art of hula noho together. Hula is more than a dance. It's more than a story. It's a moment in time expressed through pure love and devotion. Each different experience we move through as a group is an exercise in love and aloha.



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IMPACT

Gratitude, compassion and humility; an experience of community. This is what each participant feels, experiences and learns. While the program is layered with a diverse range of movement explorations, practices and exercises, the core purpose is to provide joy and aloha for the entire hour.

Through this workshop and the practice of Hawaiian dance, music and storytelling, we believe that these participants will share the joy of their experience with their family members. In turn, their family members will feel joy and aloha knowing that their loved one is experiencing such an enriching program.



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OUTCOMES

- Gain wisdom of hula and story-telling
- Increase cultural practices and techniques
- Elevate happier and healthier mental and emotional state
- Re-motivate and re-inspire movements and conversations
- Create new supportive friendships and community
- Enhance improvisational skills
- Expand quality of life



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