

Aloha Center-Evanston

Aloha Center Chicago's NEW Satelite Location



Aloha! E Hele Mai Kākou. Come. Join us.

We are blessed to be embraced by the Midwest Native American communities. Honored to be gifted a sacred space by the Mitchell Museum of the American Indian. The Annex Building next door at 309 Central Street, Evanston, IL 60201, we now call Home.

Register at <https://mitchellmuseum.org/alohacenterchicago/> or Call 847.475.0911.



Hakikino!

A rigorous Hula Workout of basics and technique.



Ukulele!

A workout of high velocity powered strum grooves.



Keiki Hula!

Traditional Hālau rules of order and protocols.

Tu

UKULELE

Power Strums Method
A workout of high velocity powered strum grooves.

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HAKIKINO

Hula Workout
A rigorous Hula Workout of basics and technique.

We

KEIKI HULA

Got Hula? Get Ke Kula!
Traditional Hālau rules of order and protocols.
No Dilly-Dally Kine Hula!

HAKIKINO!

A rigorous Hula Workout! Break Your Body!

HELA Study: How hard of a workout is dancing hula?

To better understand hula as a physical activity, research was conducted to measure the level of energy expended to perform this cultural practice. What was learned was nothing short of amazing. Hula, seemingly effortless, produced MET between basketball and tennis. When all dancers, all forms, and intensity of hula were combined hula was assessed at 6.60 MET, a very notable workout. Low intensity hula had a MET value of 5.66 and high intensity hula was 7.54 MET.

A fun and challenging experience

"Lanialoha Lee is an awesome musician, loaded with knowledge, who can deliver a wealth of information in a relaxed, fun-filled fashion."

-Denise Rano, Illinois Public School Educator



Power Strums 101 Strumming Method

It's more than a class, It's our Culture

Created by Lanialoha Lee, this `ukulele instructional method focused on strums of the South Pacific empowers your playing with a solid foundation of basic techniques, hands-on exercises, and varied strumming styles. The repertoire is filled with culturally enriching stories of our kūpuna (elders) and their aloha for traditional music, combined with local island music of today, all bridging the Midwest to Hawai`i.

GOT HULA? GET KE KULA! - KEIKI HULA (AGES 6-11) HULA FOR CHILDREN! NO DILLY-DALLY KINE HULA!

Traditional Hālau Rules of Order and Protocols. Instills Hawaiian values within the teachings of an art form handed down in Lanialoha's `ohana for generations. This is hula delivered in the "old school" way, back to basics and technique. Includes `oli (chanting), noho hula (seated), ku `iluna hula (standing) —all while nurturing respect for hula.

GOTHULA.GETKEKULA@GMAIL.COM

