



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

August, 2023

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.



Jizo Bodhisattva Service

Sunday, August 13, 2023 10:00 a.m.

Dharma Talk by Rev. Jiko Nakade

All are invited to attend this service at which our sangha will pay homage to O-jizōsama through meditation, music, and chant. The bodhisattva Jizō, also known as O-jizōsama in Japanese and Kṣitigarbha in Sanskrit, is enshrined in a small structure in front of the temple. Jizō is regarded as the protector of travelers, women, and children and is the patron bodhisattva of deceased babies and children. He also liberates beings from realms of suffering.

Should you wish to view this service online, it will be live-streamed via Daifukuji's YouTube channel at 10 a.m. HST: <https://www.youtube.com/c/DaifukujiSotoZenHawaii>.

Everyone is invited to stay for lunch which will be prepared by the Sangha Sisters Women's Spirituality group. Desserts are welcome. If you plan to contribute a dessert, please call or text Susie Weaver at (808) 936-5817. Although paper products will be available, we suggest bringing your own reusable plate, utensils, and mug/cup to help our temple become more eco friendly.

Donations of canned food for the Hawaii Food Basket are always appreciated. The Daifukuji Gift Shop will be open.

Come to the Orchid Show on Sunday, August 27, 2023.

See page 9 for details.

Aloha from Reverend Jikō

Many years ago when my husband and I lived in San Francisco, we took our children to a Bon Dance which was held at a Buddhist temple in the city. For the two of us, who were accustomed to nighttime Bon Dances held in Hawaii, it felt strange to see people dressed in *happi* and *yukata* (Japanese festival attire) dancing in broad daylight. Yet, it was obvious that they were having a marvelous time. I noted this and the idea lay dormant for several decades.



This year, while considering the safety and parking issues surrounding a nighttime Bon Dance, the long-tucked-away memory of that San Francisco Bon Dance bubbled up. The temple board discussed the idea of holding an afternoon Bon Dance and decided to give it a try. I applaud our board members for being open to new possibilities and willing to try new things.

Conditions were favorable and Daifukuji's first afternoon Bon Dance was a huge success. Lots of good comments have been received. *We weren't so tired because it ended early. Visibility was good, so it was much safer for the kupuna to walk around. You could actually see who was there. Finding parking and walking in was easier and safer. Because we got home after sunset and rested, it was easy to return the next morning to help clean up. I hope you'll hold the Bon Dance in the afternoon again next year.*

Like Barb and Kai, our Bon Dance co-chairs who express their mahalo in the pages of this newsletter, I also feel great gratitude toward the many volunteers, dancers, performers, spectators and visitors who contributed to the success of this event. I'm also grateful for Barb and Kai, who stepped forward when co-chairs were needed and truly did a fantastic job. From my heart, I extend my warmest mahalo to everyone for a Bon Dance that spread good vibes throughout our community. *Namu kie butsu. Namu kie hō. Namu kie sō.*

With warm aloha, in gassho,

Jikō Nakade



On July 16, Dharma teacher Gentei Diedrichs (wearing a flower lei) and his wife Sharon returned to Daifukuji for a visit and participated in the Dharma Keiki program. It was truly a joy to see them again and listen to Gentei Sensei's Dharma message to the families. We look forward to seeing them on their future trips to Kona.



Bon Dance Joy

by Barb Shoshin Bosz, Bon Dance Co-chair

For the first time ever, Daifukuji's Bon Dance was held in the afternoon rather than at night. What a joyful afternoon it turned out to be! In fact, the 8th of July was joyful starting from set up on Saturday morning until the event was *pau* Saturday evening.

I wish to express my heartfelt thanks to all who came out and helped. Working together in the spirit of friendly cooperation, set up was done at record speed and we were ready for our event in just a few hours.

At 3:00 p.m. a beautiful service for the ancestors was given by Rev. Jiko & Deacon Amy Jikai and incense offered by those who lost loved ones over the past twelve months. Then the dancing began with sensei Winnie Kimura leading all of the dancers, from *keiki* to *kupuna*, around the *yagura*. It seems that holding the Bon Dance in the afternoon made it possible for many older folks and families with young children to attend. Many visitors, members of our temple and community, friends and family all experienced the joy of dancing, fellowship and fun. We were one great big sangha! Before long, the roaring thunder of the taiko groups filled the air with their infectious rhythms. One lady told me that she hadn't been moved like that in years.

We certainly had a nice crowd, which swelled and thinned and swelled again. The gift shop, towel booth and snack shop were busy throughout the event. Around 5:00 p.m. a light rain started and everyone moved inside the social hall and continued dancing. Complimentary refreshments of cold somen noodles, fresh fruit, and other snacks topped off the evening and our dance came to an end at 6:30 p.m.

Thank you to our emcees Walter Kimura and Michael Ii and tech supports Warren Ikeda and Gilbert Kaneko. Thank you to the taiko groups — Kona Daifukuji Taiko, Daifukuji Zen Taiko, and Kona Hongwanji Taiko — for the fantastic performances and *kokua* received throughout the event. Thank you to Winnie Kimura for her Bon Dance classes, and to Randal Smith, Susie Yamane Villasenor, and Kakuju Park for leading the Zumba numbers. Mahalo to the parking, towel booth, gift shop, snack shop and kitchen volunteers, and to Larry Yoshiyama for stringing the lights along the road in back of the temple. Last but not least, thank you to my wonderful co-chair Kai Ioh and to our temple president Stephen Tanaka who is always around to lend a hand.

Thanks to all the help received from everyone, our Bon Dance was a success. Banzai!



Bon Dance Mahalo

It was such an exciting experience to see the triumphant return of the Bon Dance at Daifukuji Temple after a hiatus of three years. As the co-chair, I want to express my heartfelt relief and gratitude for the overwhelming support and the heartwarming experience we shared.

While virtual gatherings through platforms like Zoom have become the norm in the last three years, they cannot compare to the genuine atmosphere created by the sound of drums, the rhythm of Bon Dance, and the presence of fellow participants. It was indeed a remarkable feeling to immerse ourselves once again in the authentic ambiance of the Bon Dance. Hearing others echo the same appreciation for the genuine experience only added to the joy of the occasion.

Moreover, this year's Bon Dance allowed us to rediscover the true magnificence of Daifukuji's tradition and community. The dances and taiko drumming were beautifully orchestrated under the guidance of Winnie sensei and Akemi sensei, while the music resonated flawlessly through the skillful sound engineering of Warren Ikeda and Gilbert Kaneko. Our uplifting and energetic MCs, Walter Kimura and Mike Ii, played an essential role in keeping everyone together. Our heartfelt thanks go to Larry Yoshiyama for ensuring the safety of participants with his thoughtful lighting arrangements and to Stephen Tanaka for assembling the yagura. We also extend our gratitude to everyone who contributed to the delicious meals that kept us energized throughout the festivities and to all the taiko members and volunteers who worked tirelessly to create a welcoming environment for everyone to enjoy.

Additionally, we cannot overlook the stunning banners and vibrant lanterns that adorned the temple grounds. This remarkable celebration would not have been possible without the support of our dedicated seniors and the countless volunteers who have been instrumental in upholding the legacy of Daifukuji Temple. We would like to extend our deepest gratitude to all the volunteers who selflessly devoted their time and effort to make our 2023 Bon Dance a resounding success.

This year's success is a testament to the power of community, resilience, and the shared joy of cultural traditions. Let us cherish these moments and look forward to future celebrations at Daifukuji Temple.

With heartfelt appreciation,

Kai Ioh

Dance Again

By Kakuju

It's a beautiful Saturday, overcast skies perfect for dancing
Incense perfumes the atmosphere along with a side of hotdog and yakisoba
Thundering taiko beats welcome first and old timers
Bright kimonos, freshly ironed happi coats
Promenade of pink lanterns show the way



Reunion of souls, crossing the veil
They've been waiting for years to dance with us
Ancestors, friends, fur babies
Hanging up-side down, sideways, around and through us
Shimmying, grape-vining, shoveling coal
Admiring the cherry blossoms and fireworks



Don, Don-Don, Don-Don, Don
Heartbeat of taiko drums, pulsating energy
Lost in the dance, twirling, whirling
Burning off layers of self-protection, fear, and shame
Finally free, grooving our groove
No eyes, no ears, no nose, no tongue, no body, no mind
No beginning, no ending
A school of fish in unison, dancing left, right, around
Collective synchronized movement
Can't help but catch this contagious energy
Cultivating and spreading boundless joy



Our loved ones are here dancing with us
How?
Because we remember them
Because we are one
We are safe
Clap
Clap, clap
Clap.



In Memoriam



Judie Myōkō Fekete, 82, passed away on July 13, 2023. Myōkō served on the Daifukuji Board and was an active member of the Zazenkai, Dharma study group, samu group, Fujinkai, and Project Dana group. Our heartfelt condolences to her 'ohana. *Namu Kanzeon Bosatsu*



Welcoming Our New Members

Our sangha warmly welcomes the following new members:

Dr. Bradon Kimura and Lisa Taniguchi, Stefan and Sara Kimura

Quentin Andrews Parker

Rob and Linda Branch-Dasch

New members are always welcome. For information, see Rev. Jiko or visit our website:

http://www.daifukuji.org/membership_brochure.pdf.

For Teens: Monthly Meditation With Rev. Jiko & Study of World Religions With Mr. Michael Nakade

Sunday, August 20 11:00 a.m. - Noon



Aloha Teens,

Starting August, Rev. Jiko and Mr. Michael Nakade invite you to join them for a once-a-month teen gathering at Daifukuji. From 11:00 a.m. - 11:30 a.m., Rev. Jiko will guide you in the practice of Zen meditation known as *zazen*. From 11:30 a.m. - noon, Mr. Nakade, a retired high school teacher who holds two Master of Arts degrees in religion, will give a talk each month on the various major religions of the world such as Hinduism, Buddhism, Islam, Judaism, and Christianity.

Feel free to join these monthly gatherings which will be held at 11:00 a.m. on the following dates: **August 20, September 17, October 15, November 12, and December 17.**

Feel free to invite your parents and friends. If you are interested or have questions, please contact Rev. Jiko at rev.jiko@daifukuji.org, (808) 322-3524.

August Activities

Dharma Keiki, August 6 & 20 - A Dharma program for preschoolers - 3rd graders that's held at 9:30 a.m. two Sundays a month. https://www.daufukuji.org/activities/2023_Dharma_Keiki_Schedule.pdf

Zazen (Meditation) - Zazen is offered in person and via Zoom every Wednesday and Friday from 6:00 a.m. - 7:00 a.m. Wednesday zazen is followed by 20 minutes of chanting. Practitioners are asked to arrive at 5:45 a.m. Contact Rev. Jiko at rev.jiko@daifukuji.org to receive the Zoom link for zazen sessions.

Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas) - Saturday, August 5 from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

Daifukuji Gay Sangha - 1st Friday of the month at 5:30 p.m. Meditation and discussion. For information, call Clear Houn at (808) 328-0329.

Sangha Sisters Women's Spirituality Circle - Meetings are held in person and via Zoom on the second Friday of the month at 5:30 p.m. Call Susie at (808) 936-5817 for information.

T'ai Chi - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema for schedule and other information: (808) 345-1492.

Soleful Strutters - T'ai Chi warm-up & walking on temple grounds at 9:00 a.m. on Tuesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

Samu Fridays - Volunteers are needed for temple cleaning and grounds maintenance on Friday mornings from 8 a.m. - 10 a.m. Coffee hour & fellowship follows. Bring a snack to share.

Yoga — Mondays from 8:30 - 9:30 a.m. in the Hisashi Kimura Cultural Hall. No fee, but donations accepted. Bring a mat or towel. Call instructor Liz Aschenbrenner: (808) 345-1270 or liz217a@hotmail.com.

Yoga via Zoom — Thursdays from 8:00 - 9:00 a.m. HST. Welcome and Warm-up from 7:45 - 8 a.m. HST. ZOOM Yoga from 8:00 - 9:00 a.m. HST. Optional Chat from 9:00- 9:20 a.m. Drop in or whole series. What's needed: Yoga mat, loose clothing, water, towel, empty stomach. "Dana"=Temple Offering by mail or at: [http:// www.daufukuji.org/donation/index.html](http://www.daufukuji.org/donation/index.html). Instructor: Ambika "Jō-An" Rose, who has been teaching yoga for 46 years. For inquiry about this series and future yoga classes: (808) 430-2620. Email for Registration & Zoom Link: ambikarose@hawaiiantel.net.



Daifukuji Fujinkai News

Presentation on Buddhist Woodblocks by Faith Stone

Saturday, August 26 at 2:00 p.m. (Inside Temple)

All are welcome.

“I am on a mission to preserve and revive Buddha woodblocks. I carve Buddhas and Bodhisattvas in the tradition from pre-Ukiyoe in Japan and Tibetan Buddhist woodblocks prior to the communist invasion of Tibet. The art form has been almost lost but I do not believe it will be hard to bring back. There are so many good carvers. Mokuhanga is now flourishing across the globe. Buddhism also is gaining greater recognition. I hope to inspire others with my work in this pursuit. Rev. Jiko has asked me to share a little about my journey. My most recent woodblock describes Daifukuji as the wonderful sacred space it is with the Hawaii Kannon and 100-year-old temple. A protective dragon soars above the temple and two cranes dance in front. A non-historical pathway leading visitors to the temple is complete with a local rooster. Rev. Jiko and Deacon Jikai stand ready to welcome visitors with their dog Michi. It's a bit of storytelling about Daifukuji.”

All are welcome to attend Faith's presentation. One need not be a Fujinkai member.

September 23rd Field Trip for Fujinkai Members and Their Guests (2nd Announcement)

by Lorraine Jitoku Tanimoto, field trip coordinator

The Hilo Daijingu Shinto Shrine is the most historic shrine on the Hawaiian archipelago. It was built in 1898 and is older than the famous Izumo Shrine on Oahu. The Hilo Daijingu shrine was built in response to the many requests made by first-generation Japanese in Hilo. After it was damaged in the 1963 tsunami, it was moved to its present location.

Fujinkai members, let's make this a fun day. Members and guests who are interested in going are to make a selection from the following two Miyo's Restaurant bento boxes and contact Lorraine or Rev. Jiko (phone numbers below). Lunches will be preordered.

- 1) Shrimp and vegetable tempura, rice, miso soup, chicken katsu, & beef teriyaki bento (\$33, including hot tea and tip)
- 2) Tofu and vegetable tempura with rice and miso soup bento (\$25, including hot tea and tip)

Here's the schedule:

7:00 a.m. Meet at Daifukuji on Saturday, September 23. The bus will depart at 7:15 a.m. Hannah Israel will collect lunch payments from guests. Rest stop at McDonald's in Waimea. Robert's of Hawaii Transportation requests no open food or drink to be brought onto the bus. All food should be consumed at the restaurant.

The deadline to sign up is Friday, September 1. Fujinkai members, if you are interested in joining this excursion, please call Lorraine at 808-333-5550 or Rev. Jiko at 808-322-3524. There is no charge for Fujinkai members. However, guests of Fujinkai members are requested to pay for their meals in advance of the field trip. The bus transportation fee will be handled by the Fujinkai (thanks to our pancake breakfast fundraising event). A stop will be made at Big Island Candies before leaving Hilo.

Orchid Show

Sunday, August 27 8:00 a.m. to Noon

Taiko performance at 10:00 a.m.



The 38th annual Kona Daifukuji Orchid Club show and sale will be held from 8 a.m. - 12 p.m. on Sunday, August 27 at the Daifukuji Soto Mission Hall.

This year's theme, "Back to Our Orchid Roots," highlights the original orchids native to Hawaii and the history of how the Big Island became the Orchid Isle. This also reflects our club's journey to return to our roots and reshape our club.

View colorful displays of flowering orchid plants; cameras are welcome. Buy high-quality locally-grown orchid species and hybrids, and if you have any questions – see the "orchid doctor." Demonstrations about orchid-gami and how to care for your orchids will occur every half hour, beginning at 9 a.m. Kona Daifukuji Taiko will perform at 10 a.m. Take a self-guided tour of the mission's on-site Orchid Grotto to learn ways to harmonize and beautify a challenging space with orchids.



Get club updates at www.facebook.com/orchidsinparadise.



Coming up in September....

- Baika Workshop with Rev. Mizushima.....September 9
- Autumn Higan & Ryosoki Service.....September 10
- 2023 Soto Zen Buddhist Lay Confirmation Ceremony..... September 16
- Fujinkai Field Trip.....September 23

August 2023

July 2023							August 2023							September 2023							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
23	24	25	26	27	28	29	27	28	29	30	31	24	25	26	27	28	29	30			
30	31																				

- Zazen
- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Major Service
- Happy Strummers
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Orchid Club
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Home
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service and 15 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00 AM Taishoji's Bon Service	31 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	1 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	2 6:00 AM Zazen & Service 5:00 PM Youth Taiko	3 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Precepts Study 6:00 PM Zen Taiko 7:00 PM Temple Board	4 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Gay Sangha	5 8:00 AM Zoom Precepts Study 9:30 AM Shakyo 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm 1:00 PM Fujinkai Board
6 Baikako Practice 7:45 Dharma Keiki 9:30 am 2:00 PM Happy Strummers	7 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	8 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	9 Project Dana 9:30 AM 6:00 AM Zazen & Service 5:00 PM Youth Taiko 6:30 PM Orchid Club	10 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Precepts Study 6:00 PM Zen Taiko	11 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Sangha Sisters	12 8:00 AM Zoom Precepts Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
13 Jizo Bodhisattva Service 10:00 a.m.	14 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	15 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	16 Kannon-ko 10 am 6:00 AM Zazen & Service 5:00 PM Youth Taiko	17 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Precepts Study 6:00 PM Zen Taiko	18 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm	19 8:00 AM Zoom Precepts Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
20 Dharma Keiki 9:30 am Teen Zazen 11 a.m.	21 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	22 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	23 6:00 AM Zazen & Service 5:00 PM Youth Taiko	24 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Precepts Study 6:00 PM Zen Taiko	25 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm	26 Fujinkai Activity 2 pm 8:00 AM Zoom Precepts Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
27 KDOC Orchid Show 8 am - Noon Taiko Peformance 10 am	28 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	29 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	30 6:00 AM Zazen & Service 5:00 PM Youth Taiko	31 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Precepts Study 6:00 PM Zen Taiko	1 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Gay Sangha	2 8:00 AM Zoom Precepts Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm



Dharma Lei



Bishop's Office Newsletter

Soto Zen Buddhism Hawaii Office

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Third Quarter, 2023

Issue No. 45

Bishop's Message:

Aloha from the Bishop's Office,

Oh, how time flies! As we find ourselves already in the middle of 2023, I hope that you and your family are doing well. The conditions surrounding COVID-19 have improved steadily and I am happy to see people slowly returning to their normal routines.

We are now in the middle of the Bon Season here in Hawaii. As I have mentioned in the past, Bon is a time for us to remember our departed loved ones. We offer our gratitude to them and pray for their continued peace in the world of Nirvana.

I would also like to emphasize the importance of Bon amongst the living. At the Bon Dance, while dancing around the yagura in a symbolic reunion with the departed, people further cultivate their love and appreciation for their families and friends as they spend time in fellowship. For those who are actively grieving the loss of a loved one, I pray that the Bon Service offers comfort and solace. Truth be told, there are also times in life when family members and friends go through challenging times with one another. I pray that the season of Bon, with all that it represents, offers people the opportunity for reconciliation, forgiveness, and healing.

I am happy to announce that Bon Services at all the Hawaii Soto Mission temples are in-person again this year. The Soto Mission of Hawaii will not be hosting its Bon Dance this year due to ongoing repairs and renovations on the temple and adjacent Komagata Hall, but I am excited that all the other Hawaii Soto Mission temples are having Bon Dance. Please inquire with your temple when your Bon Service and Bon Dance will be held. As you enjoy this beautiful summer, please continue to take care of yourself and your family.



In Gassho.

Bishop Shugen Komagata



2023 Hawaii Soto Mission Buddhist Study Tour

From May 26 to June 2, 2023, a group of ten from Japan, Hawaii, and New Mexico traveled to California for the **2023 Hawaii Soto Mission Buddhist Study Tour**. Led by Senior Minister Rev. Shuji Komagata, the tour began at Los Angeles Zenshuji Soto Mission for their Centennial Celebration and the North America Preliminary Service for Keizan Zenji's 700th Memorial. During the two days spent in Los Angeles, the group visited Zen Center of Los Angeles and the Hsi Lai Buddhist Temple. The trip next took the group to the Bay Area. Over the next four days, they visited Green Gulch Farm Zen Center, Sonoma Mountain Zen Center, the San Francisco Zen Center, Sokoji Soto Mission, Berkeley Zen Center, the Buddhist Church of America in Berkeley, and Kojin-An. All participants appreciated the opportunity to explore the richness and diversity of Buddhism in California. This trip was coordinated by the Hawaii Soto Mission Bishop's Office and sponsored in part by the Hawaii Soto Mission Association.



Sightseeing in San Francisco



With Bishop Akiba of North America at Kojin-An



Visiting Zen Center of Los Angeles





79-7241 Mamalahoa Hwy, Kealahou, HI 96750 (808) 322-3524

🌸 2023 🌸

KONA DAIFUKUJI "ZOOM" YOGA 7.19..23

6 Thurs. 8-9am HST Aug.10, 17, 24, 31 Sept. 7, 14

- 7:45 – 8 am HST Welcome Warm-up
- 8:00 – 9 am "ZOOM" YOGA!
- 9:00 – 9:20am Chat (optional)
- 1:45 – 2 pm EST, DLS
- 2:00 – 3 pm
- 3:00 – 3:20 pm

**Open to: Members, Kona Community and ALL
Beginners & Experienced WELCOME!**

@Drop in or Whole Series@

ENERGY is our focus, so move to your body!

Part 4: MEDITATION IN MOTION = "Skill" in ALL Action! YAHOO!

Bring: Yoga mat, loose clothing, H2O, & towel, empty stomach

"Dana" = Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>

Email for REGISTRATION & Link: ambikarose@hawaiiantel.net



Instructor: Ambika "Jō-An" Rose

I have taught yoga for 46 years. The "Style" is Amrit Yoga an authentic, meditative exploration of **Shakti [Chi] EnErGy** through intention, breath, alignment, extension & movement. Following postures, we pause: relax, breathe, and "let go!" We **EXPLORE ENERGY!** For inquiry: **808-430-2620** 7.19.23