



**“ Kihapai Kou Mana “**  
**“Tending your spiritual essence”**

India meets Hawaii on Kauai’s North Shore  
Feed your mind, body and spirit in a beautiful environment for a noble cause!  
Fund raiser for the Kolam Charitable Foundation\* and Ka`imi Na`auao O Hawaii Nei\*\*  
**Saturday February 13, 2009 9:30 a.m.-4 p.m.**

**Schedule of events:**

9:30 a.m. Registration

10-11 Yoga

10-10:30 Water exercise

11-12 Hula movement

11-12 Indian Cooking demonstration

12—ongoing Indian Luncheon

1-2 Indian Cooking demo (repeat)

1-2 Hula movement (repeat)

2-3 Yoga

2-2:30 Water exercise

½ Hour art classes throughout day

On-going Lei Making

4 p.m. Aloha

**\$100 donation includes all classes, Indian lunch, swimming, spa and ½ Hour Healing modality.**  
(either Energy Therapy, Cranio-Sacral or Massage) There will also be services offered by an Ayurvedic practitioner, Chiropractor, Acupuncturist, and Herbalist.

**Proceeds will be shared equally by our organizations and are tax deductible.**

**\*The Kolam Charitable Foundation, Inc.** is a tax exempt foundation involved in doing charitable work to benefit the needy and poor women, men and children in Tamil Nadu, South India, by helping them achieve economic independence.

**\*\*Ka`imi Na`auao O Hawaii Nei Institute** is a, tax-exempt educational organization dedicated to the preservation and promotion of the Hawaiian culture. Members of Ka`imi visited Tamil Nadu, South India in January 2007 for the purpose of cultural exchange and support for Kolam projects. Ka`imi dancers will be traveling to Europe in June 2010 for cultural programs.

**For more information or to register please call:**

**Savitri** 639-7618 email [savitrikumaran@gmail.com](mailto:savitrikumaran@gmail.com) or **Vi Ganesan** 828-0540 email [vi@kolam.info](mailto:vi@kolam.info) or [annamyers@hawaiiantel.net](mailto:annamyers@hawaiiantel.net)

Please register by **January 20**. Space is limited and classes will be assigned on a first come-first serve basis.

*Please make checks to Kolam. (sorry, no credit cards) and mail to:*

**Kolam Charitable Foundation c/o S.Kumaran 5854 Hauiki Rd. Kapaa, HI 96746**  
**Registration will be confirmed by payment.**

**Registration for Kihapai Kou Mana February 13, 2009**

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

**I plan to participate in:**

- |  |  |
|--|--|
| <input type="checkbox"/> Yoga a.m. ___ or p.m. ___ | <input type="checkbox"/> Indian cooking demo |
| <input type="checkbox"/> Hula a.m. ___ or p.m. ___ | <input type="checkbox"/> Art class           |
| <input type="checkbox"/> Water exercise            | <input type="checkbox"/> Lei making          |

**Sorry, I can't make it but would like to donate \_\_\_\_\_ (check enclosed)**  
*Confirmation and directions will be sent upon receipt of registration. Mahalo.*