

Paniolo Greens Resort, Waikoloa Village, Big Island



Tuesday Morning
7:00 a.m. - 8:30 a.m.

Great for Golf



The Tropical Stretch & Energizer



All classes meet on the Tennis Court



Before we ran Wellness Centers we mastered just one course that started it all; an Introduction to White Tiger Yoga & Tai Chi originally know as ***the Tropical Stretch & Energizer***. Nowhere else in Hawaii can you get the original award winning program with the extra touches that Master Instructor Rob Alii brings to this program. From the opening conch shell ceremony to the closing circle of Aloha, this program has touched the lives of thousands of visitors to Hawaii. It is as powerful, meaningful and special today as it was from day one.

You will love this course as taught by Rob Alii. There is no other Holistic Arts program that will touch your life with the true spirit of Aloha.