

August 30,2018  
Event Islands HAWAII

## GREENROOM FESTIVAL Hawaii'18 "YOGA WAVE"



– Local Notable yoga instructors gather at Greenroom Festival! –  
– **"Silent Disco Beach Yoga"** is an innovative journey! –

GREENROOM FESTIVAL Hawaii Executive Committee released 2-Day Yoga Program for September 7th and 8th hold at GREENROOM FESTIVAL Hawaii'18.

~Local Notable Yoga Instructors at Greenroom Festival ~



"YOGA FIELD" appears at lawn area of Waikiki Shell, the main venue of the GREENROOM FESTIVAL. Special yoga lesson will be hold by Canada origin apparel brand "Lululemon", which make technical athletic clothes for yoga, running, working out and most other sweaty pursuits.

~“Silent Disco Beach Yoga” is an innovative journey!~



Quiet the chatter of the mind and open your eyes to the beauty on this island with a Silent Disco Beach Yoga practice. Silent disco yoga is an innovative journey of flowing movement and sound. Immerse yourself in the motion of yoga with a pair of noise isolating wireless LED headphones, which allows you to hear the instructor at the perfect level while their curated set takes you on a musical journey into sound. All levels welcome.

<<Ticket Information>>

- Event : GREENROOM FESTIVAL Hawaii '18
- Venue : Waikiki Shell
- DATE : Sep 7th 8th,2018 ※16:00 OPEN、 17:00 START~ 22:00 END
- Artist : Sep 7th Fri Allah-Las、 Mike Love、 Anuhea、 The Babe Rainbow、 Makua Rothman  
Sep 8th Sat KETSUMEISHI、 YUZO KAYAMA 、 SUGA SHIKAO 、 and more
- HP : [www.greenroomfest.com](http://www.greenroomfest.com)

<< YOGA Wave >>

■ Event : GREENROOM FESTIVAL Hawaii '18 "YOGA WAVE"

■ Venue : Waikiki Shell

■ Date : ①Sep 7th Fri 17:30-18:00 / 19:30-20:00 by Local Notable Yoga Instructors

②Sep 8th Sat 19:00-20:00 『 Silent Disco Beach Yoga by YOGA IN HI PLACES』

■ Admission : Free (Greenroom Festival entrance fee) ※We encourage you to bring your own yoga mat

<< Instructor/ Silent Disco Yoga >>



#### **Suzanne Sasaki - Bilingual Japanese Instructor**

Suzanne began her yoga journey 13 years ago as a means to get back into shape post-partum. While she was a dedicated Bikram student for many years, nothing turned on the urge to share her practice than Vinyasa yoga. Her Power Yoga and Sculpt classes at CorePower Yoga aim not only to strengthen and energize the body-plus-mind, but also to be an hour of receiving the highest form of energy through collective breath and movement. "Please take this feeling and share it generously," she says at the end of class, a reminder that yoga has the power to build an abundance of strength, love, energy, and calm within, which easily has a ripple effect off the mat. Suzanne looks serious in pictures, but her classes are far from square. Her challenging and rhythmic sequences are intended to make you sweat, soften, learn, and giggle (often). You can also join her for a weekly bilingual Japanese Power Flow class at Ohana Space Yoga.



**YOGA IN HI PLACES**

Silent Disco Beach Yoga

= Contact =

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TIME : 9:00~17:00