Low-fat Cooking: A Healthy New Year  
Instructor: Alyssa Moreau

Alyssa Moreau will help you start out the New Year with some fresh, delicious, and healthy cooking techniques and new recipes. Alyssa will demonstrate several low-fat dishes, including Baked Falafel, Creamy Broccoli Soup, a Green Bean with Lemon Dijon Sauce & Fresh Garden Herbs, and a Baked Stuffed Apple Dessert. Learn some new ideas and recipes from an inspiring and creative instructor.

Saturday April 2, 2016 9:30-11:30 $25.

Basic Indigo Dyeing  
Instructor: Ann Asakura

This class is jointly sponsored by TEMARI, Center for Asian and Pacific Arts and the Lyon Arboretum

In 1980, Visiting Artist Tetsuo Okamoto used refrigerator racks, plastic chains, wooden chopsticks, slinkies and PVC pipes to create patterns on plain white fabric. The odd assortment of objects was the resist, things that prevented indigo dye from entering certain portions of the fabric. He changed our mindset: Always look beyond the obvious. He inspired many; including Florence Ikeda, Carolyn Acoba and the late Judy Kawabata.

Indigo is an ancient dye, used throughout the world. You will learn why it dyes fabric permanently and how to gain the maximum usage of the dye vat. Indigo-dyed fabrics from many cultures will also be shared.

Bring:  1 yd. 100% cotton or linen fabric prewashed in hot soapy water, rinsed and pre-soaked overnight, rubber gloves, waxed dental floss, string, rubber bands, nylon stocking or plastic net produce bag, small plastic tub, plastic bags to take home wet samples and a Sunday edition of newspaper.

Saturday April 2, 2016 9-11 am Class Cost: $45 (plus $15 Supply Fee payable to instructor at class)

Bird Walk with Sheila Conant  
Instructor: Sheila Conant

Join us for a fascinating bird watching hike through the Arboretum. Wear comfortable clothing and sturdy footwear. Bring binoculars, water, raingear, mosquito repellant and a snack. Children under 10 years of age cannot be accommodated. Students should bring one of the field guides to birds in Hawaii. Hawaii’s Birds, published by the Hawaii Audubon Society, is available in the Arboretum gift shop. Meet at the Arboretum parking lot at 8:30 a.m. sharp. Sheila Conant is a former Chair of the Zoology Dept. at UH-Mānoa and is a lifelong advocate for native and endangered species and ecosystem conservation.

Thursday April 7 8:30– 10:30 am $20.

Botanical Jewelry Workshop  
Instructors: Pat Wassel and Victoria Hill

Designing botanical jewelry is the art of combining dried natural materials (leaves, pods, seeds, etc.) into decorative items. During this class you will create a small medallion cluster which may be made into a pin
or an ornament. Dried materials will be provided and a tools needed list will be sent out to you prior to the class. Nature’s bounty of geometric shapes and textures will be enhanced with your artistic talents during this class! This class is co-sponsored by The Garden Club of Honolulu, one of the “Stepping Stones to Good Gardening” classes offered at Lyon Arboretum.

**Friday April 15, 2016**
9:30-11:30 am $15 plus $15 supply fee

**SATURDAY, APRIL 16, 2016 9 am-2pm: LYON ARBORETUM SPRING PLANT SALE**
Come early to get the best selection!

**Basic Pruning and Tree Care**
Instructor: Tristan Williams
Learn best care practices for healthy trees. Tristan Williams, the Lyon Arboretum’s arborist teaches this basic tree class, covering basic tree pruning tools & techniques, tree care, and how to know when it’s time to call in an arborist for professional help.

**Saturday April 23, 2016**
9—11 am $25

**Mindful Hike and Yoga**
Instructor: Lizabeth Kashinsky
Science has documented that both being in nature and mindfulness practices such as yoga and meditation are good for your health. Experience these benefits yourself by joining us on a mindfulness based guided hike through Lyon Arboretum followed by yoga in a beautiful studio with stunning views of Manoa Valley.

Restore and refresh your mind and body as we explore Lyon Arboretum trails while indulging the senses with glorious green hues, earthy rainforest smells, and bird songs. We will deepen the experience with an all-levels, gentle hatha yoga class. Instructor Lizabeth Kashinsky is a long time yoga/meditation practitioner and teacher, holds a MA in Ecopsychology, and has worked in the field of conservation in Hawai‘i since 1994.

Class meets on the second Saturday of each month. Class size is limited, so sign up early. Sign up for one or multiple classes; each session will focus on a different theme and expression. Meet at 12:00 in the classroom. Bring a yoga mat, water, and writing materials in case you should want to journal after class in a beautiful outdoor setting. Previous yoga experience not necessary.

**MH Yoga 1: Saturday Mar 12,**
12-2:45 $20

**MH Yoga 2: Saturday April 9,**
12-2:45 $20

**MH Yoga 3: Saturday May 14,**
12-2:45 $20

**MH Yoga 4: Saturday June 11,**
12-2:45 $20

**MH Yoga 5: Saturday July 9,**
12-2:45 $20

**Garden Soils: The Foundation of Your Home Garden**
Instructor: Carl Evensen
This class will help you to understand, appreciate, and manage your garden soils to achieve more beautiful and productive gardens. Soils are living systems and you will learn how to protect and improve your soil and to create a more productive garden. We will focus on how to manage different soils in Hawaii, fertilizing, watering, controlling weeds and growing healthy and beautiful flowers, vegetables, and fruits, starting from the foundation – your soil.

**Thursday, April 28**
2-4 pm $25
Filipino Foodways: Family, Friends & Food  
Instructor: Shannon Christobol

Kumusta! Join us for a special family friendly foodways experience where you will learn about the history, culture and foodways of Filipinos in Hawaii. By studying a peoples foodways; defined as the way food is produced (cultivated, farmed or fished), procured (bought, foraged or shared), prepared (cooked and treated), and consumed (kamayan, family or community gatherings) can we understand the richness of a culture. Shannon Cristobal a localpina (Local Filipina) and a foodways scholar at the University of Hawaii at Manoa will guide you through a hands on, journey of the senses. This class will include a hands on cooking demo, food stories, food poetry, and a meal to share. If you are looking to reconnect with your roots, learn about the Filipino culture, or an avid foodie we hope to see you there. (Children 10 and above).  Shannon is an Educational Foundations PhD. Candidate at UH Mānoa.

Saturday April 30, 2016  9:30-11:30  
Class fee: $25 adults, $5. child (with adult)  
Call 988-0456 for special family rate.

Indigo Open Studio  
Instructor: Ann Asakura

This class is jointly sponsored by TEMARI, Center for Asian and Pacific Arts and the Lyon Arboretum  
Bring your dyeing equipment and approximately 3 yards of total fabric pieces or 3 T-shirts. You may bring additional items to dye, if the vat is not exhausted after initial dippings.  
Limited enrollment: 10  
Pre-requisite: Participant in previous TEMARI Indigo classes.  
Saturday, April 30, 2016  9:00 – 11:00 am  
Class fee: $40 plus $15 Supply Fee, payable to the instructor.  
Call 988-0456 to register

Watch our website for updates on classes and events at:  
manoa.hawaii.edu/lyonarboretum

Call 988-0456 to sign up for Lyon Arboretum’s elist of events and classes.
‘Ohe Kapala, Bamboo Stamps  Instructor: Moana Eisele
Learn the design language of Hawaiian kapa, bark cloth, to better understand how it stands out in Polynesia. Finely felted and watermarked, kapa was embellished with intricate motifs. Its hallmark was the secondary pattern created by the negative spaces between stamped patterns.

Recognizing and understanding the power of these internal spaces is the key to the limitless potential of creating your own ‘ohe kapala. You will learn not only Hawaiian names of patterns but also understand its origin and kaona, its layered meaning relative to place, season and family lineage.

The workshop includes a tour of the Arboretum’s bamboo collection, guidance on how to select ‘ohe, discussion on appropriate usage of patterns, carving your own stamps, and using traditional kapa dyes and contemporary permanent pigments.

Detailed Supply List will be sent upon registration.
Saturday, May 14, 2016  9:00 am – 2:00 pm, (bring brown bag lunch)  $85 plus $25 supply fee payable to instructor at class

Surface Design in The Sun  Instructors: Ann Asakura and Victoria Gail-White
This class is jointly sponsored by TEMARI, Center for Asian and Pacific Arts and the Lyon Arboretum
Inko Dye is light-sensitive and very versatile. You can use foliage, hand-cut or torn stencils, tied resists, even your own hands to create striking patterns on cotton and linen. Layered images from multiple dyeing methods produce complex surfaces for other types of decorative techniques; stamping, spraying, painting or immersion dyeing. Limited enrollment: 10. Detailed Supply List will be sent upon registration.
Saturday, May 28, 2016  9:00 - 11:00 am  $50. plus $15 Supply Fee, payable to the instructors

Chinese Cooking with Lynette Lo Tom  Instructor: Lynette Lo Tom
Lynette Lo Tom, Author of "A Chinese Kitchen" and her mother, Lorna Lee Lo , will share how to cook three Chinese favorite dishes. You’ll learn and taste how to make Winter Melon Soup, Crispy Skinned Roast Pork and Dau Lau, mochi rice balls coated in peanuts, sesame seeds and coconut.
Saturday, June 4, 2016  10 am - 12 noon  Class fee: $25

Lauhala with Wesley Sen  Instructor: Wesley Sen
Time and date to be announced

Watch Lyon Arboretum’s website postings for updates and new class listings:
manoa.hawaii.edu/lyonarboretum

Download the Lyon Arboretum’s mobile app to instantly follow all events and classes at Lyon!

Call 988-0456 to sign up for Lyon Arboretum’s elist of events and classes
CHILDREN’S SUMMER NATURE CLASS

Lyon Education Staff Instructors: Richard Sears & Rebecca Beralas

Get your child in touch with nature with four full days of adventure and learning in a tropical rainforest! The Lyon Arboretum Education Program proudly offers our Summer Nature Class for children aged 6-12. Explore a world of wonder as our educators lead students through nature-based art activities, traditional cultural practices and knowledge, hikes, scientific inquiry, stream surveys, and organic gardening techniques. With over 190 acres of land, a waterfall and stream, ancient Hawaiian cultural sites, and thousands of tropical plant species, Lyon Arboretum is a great place for your child to learn and grow in nature! Class size is limited, and classes fill quickly. Call 988-0456 to register. Children’s registration forms are also available online.

Tues., Wed., Thurs. & Fri. May 31-June 3, 2016 8:30 am—2:30 pm $160

Watch our website for updates and more classes and events at: manoa.hawaii.edu/lyonarboretum

Help support `ohi`a lehua conservation at Lyon: #OhiaLove
Help Save Hawai`i Forests

Grow your garden and support Lyon Arboretum at the spring plant sale: April 16, 2016, 9-2 pm
All classes require preregistration

Call 988-0456 to register for classes

For information about upcoming classes, please call our Education Department at 988-0461

Registration is required for all classes. You will be enrolled in the class the day your payment is received. Class size is limited, and classes fill quickly. To avoid disappointment, register early.

Payment may be made by check, cash or credit card. To register, call the Arboretum’s business office at: (808) 988-0456, or drop off or mail your registration to the business office: c/o Class registration: Lyon Arboretum, 3860 Mānoa Road, Honolulu, Hi. 96822.

Class Cancellation and Refund Policy
If it is necessary to cancel your registration, please notify Lyon Arboretum at (808) 988-0456. A full refund, (less a $5.00 handling charge) will be issued with a minimum 7-day advance notification before the class date. No refunds will be made if you fail to show up for the class. The Arboretum reserves the right to cancel a class. A full refund will be issued if the class is cancelled by the Arboretum.

ADULT CLASS REGISTRATION FORM

Please register me for: _________________________________________________________
(Print title of class, date of class)

My name is: __________________________________________________________________________
(Please print)

My address is: __________________________________________________________________________
Street City State ZIP

Daytime phone #: ____________________________________________________________
(Please print)

Email address: _______________________________________________________________
(Please Print)

Total class fees enclosed: _______________________

Please sign me up to receive an email notification of upcoming classes and events at Lyon. Yes ____ (make sure you have included you email address above if yes) No thanks ____

See our website at manoa.hawaii.edu/lyonarboretum for event and class updates