Air Layering: Woody Plant Propagation  Instructors: Liz Huppman & Gerrit Evensen

Air layering is an effective method of propagating woody plants that allows you to grow healthy rooted branches directly from the parent plant. Air layers are genetically identical to the parent plant and will flower sooner than plants grown from seed. This technique is especially useful for plants that are difficult to propagate from cuttings or when larger stock is desired. Air layering is especially useful in the tropical landscape with woody ornamentals or fruit trees, including azaleas, croton, hibiscus, citrus and avocado. Learn the tools, techniques and best practices of propagation in this hands-on class taught by Lyon horticulture staff. Dress comfortably for this indoor and outdoor hands-on session!

New date: Wednesday, March 16, 2016  2 - 3:30 pm  $25

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. She’ll 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 an advocate for native and endangered species 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

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
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.

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

Upcoming Classes

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.

Time and date to be announced  
$25

Watch our website for updates on classes and events at:

manoa.hawaii.edu/lyonarboretum
Lyon Children’s Classes Spring and Summer Classes

**CHILDREN’S SPRING BREAK CLASS: SCIENCE & ART IN NATURE**  Lyon Edu Staff
Children are natural scientists, and love to explore and discover the natural world around them. Join us for 4 full days of fun, hands-on learning and adventure at the Arboretum. Students will spend their days hiking through the rain forest, exploring the garden, doing photography, cooking, art and Hawaiian crafts. For children currently enrolled in grades 1-5.
**Mon., Tues., Wed., & Thurs., March 21-24   8:30 am-2:30 pm  $160**

**CHILDREN’S SUMMER NATURE CLASS**  Instructors: Richard Sear & 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 Camp 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!
**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