



HULA

The Art + Science
of
Hawaiian Dance

Hula! Hawaiian Dance Workshop offers a communal learning experience centered around choreography from the dance traditions of Hawai'i. Participants will immerse in elemental movements, traditional dance sequences and classical choreography: gaining along the way insights into the role of hula in awakening our environmental relationships

The Workshop

Hula! Hawaiian Dance Workshop takes participants beyond the scope of usual classroom practice, to explore the uniquely authentic Hawaiian lifeway known as Hula: the Art & Science of relating to our environment. Plus, there will be the rare opportunity for aligning with the forces of nature as we learn the beautiful, easy-to-do hula—Ke Ao Nani.

The Content

- I Luna: Dancing the Astral Realm
- I Lalo: Dancing the Earth
- Ke Kai: Dancing the Oceans



Hula!
Hawaiian Dance
Workshop
with Lisa Pua Saunders

Source: Kekuhi Kanaka'ole

Credit: Bishop Davis
Bishop Edwards

Presenter: Lisa Saunders
Ethnic Arts Institute Int'l
Member #14792

The Instructor

Lisa Pua Saunders is performer, choreographer and multicultural dance educator whose formal instruction began more than 60 years ago. As though drawn to answer some inexplicable call, Lisa spent most of her formative years on the dance floor speaking the pure language of movement. Her earliest influence was her father, Dr. Oakley Saunders whose passion for storytelling, history and accounts of his ancestors, paved the way for what would become her calling. The importance of embodying one's history while looking to the future entwined with Lisa's love of dance and the two took root together. Lisa became intrigued with traditional dance forms where peoples' own unique story is centered. In the decades to follow, Lisa pursued studies in the field of ethnomusicology and dance. She holds an MA in Ethnic Dance from Jesus' Name University, conducted field research and immersion studies in Ghanaian Dance (Professor C.K. Ladzekpo, U.C. Berkeley), Afro-Brasilian Dance (Jose Lorenzo, Ballet Folclorico da Bahia) and Polynesian dance (Kumu Hula George Naope, University Hawai'i). Her career includes service as the co-founding member/principal performer with Berkeley's African Music and Dance Ensemble and San Francisco's Batucaje! Brazilian Dance Troupe. Today, Lisa is the founding executive director of Ethnic Arts Institute International—a 501©3 organization which provides multicultural arts learning experiences to K-12 and postsecondary learners and is Founder/Artistic Director of Hula Manu O'o Polynesian Dance Ensemble: where she presents cultural preservation dance works and seminars to dancers at every level of practice. Her greatest joy continues to be those magical moments when dance, culture-keeping and storytelling touch the hearts of mainstream audiences.