

SUNRISE FOUNDATION

In partnership with TOHO NO HIKARI HAWAI`I, is pleased to present

JOURNEYS TO WELLNESS XII

Saturday, October 26, 2024, 8:30 am-1:00 p.m.

TOHO NO HIKARI HAWAI`I

3510 Nu`uanu Pali Drive & Old Pali Road (ample parking available)

KEYNOTE SPEAKER:

PŌKĀ LAENUI (HAYDEN BURGESS), J.D.

Distinguished attorney and human rights advocate deeply committed to peace, justice and fundamental freedoms of people throughout the world.

TOPIC:

**“Malama I Ka `Aina, E Ola Pono”
Cherish the Land and Live in Health
and Harmony**

RESPONDENTS:

**Rev. Eric Matsumoto
Rev. Dr. Ha`aheo Guanson
David Laeha**

Moderator:

Rev. Dr. JP Sabbithi



WORKSHOPS OFFERED

1. Conversation with keynote speaker and respondents
2. Healing Through Human Energy Field: **Ruey Ryburn, Dr. PH**
3. Dancing to Tastiness- Sanuki Udon: **Dawn Kanno & MOA Volunteers**
4. Movement, Qi, Environment & Spirituality: **Corey Wong**
5. New Winds in Mindfulness: **Jimmy Toyama**

FEATURED PERFORMING ARTISTS

**Kumu Hula Ardis Gomes & the Halau O Kawaiaha`o,
Hari Bayani and Jason Laeha**

CHOICE OF VEGETARIAN BENTO OR DIM SUM BENTO LUNCH PREPARED BY SARAH LOUI WILL BE SERVED.

REGISTRATION

Cost: \$30 prepay \$35 at the event (includes lunch and materials)
Complete the attached registration form and mail it and your check to:

Sunrise Foundation

P.O. Box 235708
Honolulu, HI 96823

Or, to register online go to: sunrisefoundationhawaii.eventbrite.com

For information contact **Yolanda Hernandez** (yghernandez44@gmail.com)

Wally Fukunaga (sunrisehi.222@gmail.com)

or **Jody Kanemaru** (jkanemaru@sunrisefoundationhawaii.org)

The morning session will also honor the
**2024 PUKA`ANA O KA LĀ
AWARDEES:**

- **Aunty Puanani Burgess**
Posthumously
- **Nanci Kreidman**
- **Rev. Dr. Kaleo Patterson**