

'AHA LOMILOMI 2020 SCHEDULE

| HST | 27 NOWEMAPA PŌ'ALIMA (Friday) | 28 NOWEMAPA PŌ'AONO (Saturday) | 29 NOWEMAPA LĀPULE (SUNDAY) |
|------------------------|---|---|--|
| 9:00 AM | 'AHA LOMILOMI BEGINS AT 5 PM | Chant Pule no ka lā | Opening Pule |
| 9:30 AM | | Summary Q & A | Summary Q & A |
| 10:00 AM | | Presentation Kumu/Kupuna | Presentation Kumu/Kupuna |
| 10:30 AM | | Summary Q & A | Summary Q & A |
| 11:00 AM – 12:00 PM | | NETWORK CAFÉ | |
| 12:00 PM – 5:00 PM | | SPECIAL VIDEOS AND SLIDE SHOWS WILL BE SHOWN | |
| 5:00 PM | | WELINA MAI KĀKOU | Presentation Kumu/Kupuna |
| 5:30 PM | Summary Q & A | Summary Q & A | ALOHA A HUI HOU MALAMA PONO |
| 6:00 PM | Presentation Kumu/Kupuna | Presentation Kumu/Kupuna | |
| 6:30 PM | Summary Q & A | Summary Q & A | |
| 7:00 PM – 7:45 PM | NETWORK CAFÉ | | |
| 7:45 PM – 8:00 PM | SUNSET KANIKAPILA | SUNSET KANIKAPILA | |

DAYLIGHT SAVING TIME CHART

| TIME ZONE | Start times EVENING Pō'alima a me Pō'aono | Start times MORNING Pō'aono a me Lāpule |
|---------------------------|--|--|
| HAWAI'I / HST | 5:00 PM | 9:00 AM |
| WEST COAST / PST (+2h) | 7:00 PM | 11:00 AM |
| EAST COAST / EST (+5h) | 10:00 PM | 2:00 PM |
| EUROPE / CET (+11h) | 4:00 AM | 8:00 PM |
| JAPAN / UTC (+18h) | 11:00 AM | 3:00 AM |
| NEW ZEALAND / NZST (+21h) | 2:00 PM | 6:00 AM |