HAWAII THEATRE CENTER

PRESENT

Still & Moving Meditation Fellowship

THE EPIC TALE OF THE

RAMAYANA

A Theatre, Dance, and Music Production



Weekly Schedule

1024 Queen Street, Honolulu, HI

MONDAY

9:15 am Yoga
10:00 am ELDOA Online
3:00 pm I Love Hula
4:15 pm Tai Chi
5:30 pm Belly Dance
5:30 pm AIReal Yoga
6:45 pm AIReal Dance Basics

TUESDAY

8:00 am Hula Basics Online
9:00 am Open Gym
9:15 am Function & Flow
10:30 am Nia
11:00 am Every Body Flow
12:15 pm Aloha Hula Basics
4:30 pm Qigong
5:30 pm Belly Dance
5:45 pm Capoeira
6:30 pm Meditation Online FREE
6:45 pm Mat Magic

WEDNESDAY

9:15 am Melt Online
10:30 am Brazilian Contemporary
1:00 pm Feldenkrais Online
3:00 pm I Love Hula
4:30 pm Fit for All
5:30 pm Salsa Fundamentals
5:45 pm Begin at Barre
7:00 pm Tango
8:15 pm Open Practica

THURSDAY

9:15 am Function & Flow
11:00 am Feldenkrais Online
3:00 pm Language of Tango
4:00 pm Tea Ceremony + Qigong
5:30 pm Beliraq
6:45 pm Belly Dance
7:00 pm Hula Kahiko Basics

FRIDAY

8:00 am ELDOA Online
9:15 am Yoga
10:30 am Nia
10:30 am Baby Hula
12:15 pm Hula Basics
1:30 pm Intermediate Hula Auwana
3:00 pm Holiday Music Series FREE
4:30 pm Feldenkrais
5:30 pm The Gathering in Fellowship FREE

SATURDAY

7:00 am Feldenkrais Online
8:00 am Mat Pilates
9:15 am Vinyasa Yoga
9:30 am MIIT not HIIT
12:00 pm Intermediate Tango
1:30 pm Winging It Dance
3:00 pm Gems from the Wisdom Traditions Online FREE

SUNDAY

9:00 am AIReal Yoga
9:15 am Qigong Online
10:30 am Nia
10:30 am Slow Flow Yin
12:15 pm Satsang FREE
1:00 pm Hula Auwana
2:15 pm Oli Chanting FREE
3:00 pm Hula Kahiko Basics

Be sure to check *stillandmovingcenter.com* to stay up to date about our latest workshops and events!

First class FREE with code: RAMAYANA

808-397-7678
info@stillandmovingcenter.com
@stillandmovingcenter

Still & Moving Center
1024 Queen Street
Honolulu HI

stillandmovingcenter.com

stillandmovingmeditationfellowship.org

The Epic Tale of the Ramayana

A Hawaii Theatre production in partnership with
Still & Moving Meditation Fellowship

Friday, November 6, 2026 · Pre-show talk 6:30 PM · Curtain 7:00 PM

For nearly two decades, Still & Moving has marked Diwali, the Indian festival of lights, with a live retelling of the world's oldest epic: the Ramayana. What began as a small community gathering — a story shared amongst students and teachers — has grown into a full theatrical production, drawing dozens of performers ranging in age from 5 to 85. This year, for the first time, that tale steps onto one of the most storied stages in the Pacific: the Hawaiʻi Theatre.

Our Epic Tale of the Ramayana follows Prince Ram and Princess Sita, cast from their kingdom into exile, and the courage, loyalty, and love that carry them through Sita's abduction by the demon king Ravana, and her rescue by the troops of Prince Ram and the devoted monkey-warrior Hanuman. At its heart, this is a story about the triumph of good over selfishness, light over darkness — the very themes Diwali itself celebrates.

This epic unfolds across a sweeping ancient landscape — from Ayodhya, the sacred city where Prince Ram was born, to the wilds of Chitrakoot and Panchavati, where Ram, Sita, and Lakshman lived out their years of exile; from Kishkindha, home to the noble monkey warrior Hanuman, who becomes Ram's greatest ally, to Rameshwaram at the tip of India where the monkey army built a legendary bridge to cross into battle, and finally to Lanka (today's Sri Lanka), the island stronghold of King Ravana.

The Ramayana is much older than the Greek epics of the Iliad and the Odyssey, aged at about 2,700 years. Hindu calculations of time work with astronomical calendars going back into the distant past and future, so that the cycles repeat themselves. Some readings of the stars recounted in the Ramayana place Ram's birth at 7 to 12 thousand years ago, others place it over one million years ago. In any case, his story had been passed down for millennia, inspiring devotion, art, and celebration across India, Sri Lanka, much of Southeast Asia, and now, for sixteen years, right here in our own Still & Moving in Honolulu.

What makes this production distinct is who tells it. Rather than using a single dance tradition, we share our telling of the Ramayana across many traditions: Bharatanatyam and other Indian dances, Hawaiian hula, contemporary dance, aerial arts, belly dance, Brazilian samba and capoeira, all performed by Still & Moving's own community of teachers, students, and staff. Many performers are stepping into a dramatic role for the first time in their lives — carried by narration that lets them fully inhabit a character without needing to memorize a single line. The result is less a staged play than a communal offering: a room full of different backgrounds and disciplines, telling one universal story together.

Bringing this beloved tradition to the Hawaiʻi Theatre — with its own century of history as a gathering place for Honolulu's arts and culture — marks a new chapter for Still & Moving Meditation Fellowship with an invitation for the wider community to witness and participate in this joyous annual celebration.

About the Characters

PRINCE RAM
Crown Prince of Ayodhya and the seventh incarnation of Lord Vishnu. Righteous, selfless, and unwavering in his devotion to duty, Ram embodies the ideal of virtuous kingship — a hero whose valor is matched only by his steadfast heart.

PRINCESS SITA
Wife of Prince Ram and an incarnation of the goddess Lakshmi. Beautiful, courageous, and fiercely loyal, Sita bears the trial of abduction and captivity with unshakable grace — a timeless symbol of devotion and inner strength.

PRINCE LAKSHMAN
Ram's devoted younger brother, whose courage and fierce loyalty lead him to forsake the comforts of the palace and follow Ram into exile without hesitation.

HANUMAN
The valorous monkey hero and eternal symbol of devotion. Blessed with immense strength, wisdom, and the power to soar through the skies, Hanuman becomes Ram's most trusted ally in the fight to reclaim Sita.

RAVANA
The ten-headed demon king of Lanka, whose heads symbolize vast learning and intellect. Consumed by power and desire, Ravana's abduction of Sita ignites the epic's great battle — though deep within, he senses his own destined redemption at Ram's hand.

KING DASHARATHA
Father of Prince Ram, a ruler bound absolutely to his word and his sense of duty — a devotion so complete it leads him, at his youngest queen's request, to make the fateful decision that exiles his beloved son.

KING JANAK
A noble and wise king who recognizes his daughter Sita's divine nature and seeks a husband worthy of her. Keeper of the mighty bow of Lord Shiva, his kingdom becomes the site of Ram and Sita's fated union.

QUEEN KAIKEYI
Ram's stepmother, once devoted to him with genuine love, until fear and jealousy lead her to demand his exile — a choice whose grief ultimately costs her husband his life.

MANDODARI
Ravana's favored wife and Queen Consort of Lanka — beautiful, pious, and righteous, standing in quiet contrast to her husband's darkness.

VIBHISHANA
Ravana's noble younger brother, whose life stands as one of the truest examples of righteousness, selflessness, devotion, and service to dharma.

PRINCESS SHURPANAKHA
Ravana's demon sister, a shapeshifting seductress driven by revenge after her rejected love for Ram. Her scheming sets Ravana's abduction of Sita — and the epic's great war — into motion.

MARICHA
A conniving, shapeshifting magician and uncle to Ravana, who disguises himself as a golden deer to lure Ram and Lakshman away, leaving Sita alone and vulnerable in the forest.

JATAYU
The noble King of the Birds, whose selfless courage leads him to challenge Ravana in defense of Sita — sacrificing himself to survive just long enough to tell Ram what befell his beloved wife.

DEMONS
Ravana's fearsome forces, who battle valiantly on his behalf and strive to hold Hanuman captive.

DEMONESSES
Ravana's consorts and harem, jealous of Sita and determined to reclaim their king's attention — taking up arms in his defense when war arrives.

MONKEY WARRIORS
Hanauman's valorous army of, who build the great bridge across the sea to Lanka and battle fearlessly alongside Ram to defeat the demon forces.

YOGIS AND SAGES
Keepers of the sacred balance between heaven and earth, whose desecrated devotions call upon Lord Vishnu to descend to earth as Prince Ram and save the world from Ravana's tyranny.

Cast List



Narrator
Doris Morisaki

Mantra Chanter
Janani Lakshmanan

Sages
Mālia Helela, Robin Shepard, Krista Hiser

Prince Ram
Deeshen Shah

Princess Sita
Jade Chan

King Ravana
Andrea de Gruchy

Hanuman
Diana Wan

Prince Lakshman
Roel Ylarde

Young Prince Ram
Henry de Gruchy

Young Lakshman
William de Gruchy

Princess Shurpanakha
Laurel Pikcunas

Queen Kaikeyi
Tiffany Soriano

Maricha/ Deer
Regina Lumsden

King Jatayu
Krista Hiser

King Dasharatha
Zz Riela

King Janak
Eric de Gruchy

Prince Vibhishana
Carlos Alvarado

Queen Mandodari
Katherine Perreira

Ladies in Waiting
Izumi Sawa, Patricia Nodado, Rebecca Barrileaux, Allana Coffee, Nancy Miller

Princes at Swayamvara
Akihiro Iwakiri, Wolfgang Sakamaki, Jake Fleischer

Monkey Warriors
Skyler Riela, Michelle Corpus, Angela Sagisi

Demonesess
Jane Zhang, Laurel Pikcunas Jessica Hallman

Sign Holder
Trina Murray

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Live Music & Foley Artists
Dustin Hara, Mark Morisaki, Audi Nodado

Attendants
Robin Shepard, Jennifer Bube, Sharonne Samiere, Akihiro Iwakiri, Wolfgang Sakamaki, Jake Fleisher

Photography
Walter Hara, Kaiehu Helela

LCD Screen Operator
Malakhi Reynolds

Props & Costumes
Mark Morisaki
Sundari Shankar
Cecilia Masaquel
Special thanks to R. Andrew Doan

Rigger
Harry Sawyer

Sign Maker
Karissa Yu

Ushers & Staff
Hawaii Theatre

Ramayana Cover Artwork
Deeshen Shah

Slide Artwork & Graphic Design
Sarah Hodges

Community Engagement
Adele Tomita

Lighting
HI Lights Design

Sound
Ha Ka Entertainment

Production Manager
Dustin Hara

Stage Manager & Assistant Director
Tiffany Soriano

Producer & Venue
Hawaii Theatre

Director & Producer
Renée Tillotson, Still & Moving Meditation Fellowship

A Special Thanks to the Tillotson ʻOhana and all of our Incredible Teachers, Dancers, Musicians, Performers and Volunteers!

Performances

Aerial Dance
Olivia Trice & Aerialists

Bellydance
Dancers with choreography by Andrea de Gruchy

Bharantantyam
Janani Lakshmanan & Dancers

Bollywood
Sumoha Min, Nada McClellan & Dancers

Capoeira & Live Music
Mestre Kinha, Carmen Linhares & Capoeiristas

Contemporary Dance & Live Music
Regina Lumdsen & Dustin Hara

Garba
Sumoha Min, Nada McClellan & Dancers

Oli, Hula ʻAuana & Kahiko
Kumu Mālia Helelā & Dancers

Mantras
Janani Lakshmanan

Samba
Carmen Linhares & Dancers

Taiko Drumming
Taiko Center of the Pacific

Ukulele
Cynthia Lin

Still & Moving offer & Membership

for more membership options visit stillandmovingcenter.com





Still & Moving Meditation Fellowship

This first-time ever enactment of the Ramayana at Hawaiʻi Theatre is happening under the auspices of a new nonprofit organization: Still & Moving Meditation Fellowship!

Many of you are familiar with the Still & Moving Center in Honolulu which opened for business back in 2011 with a simple mission: to provide a sacred space for moving meditation. Over the fifteen years that followed, that single studio grew into a global hub for mindful movement — hula from Hawaiʻi, yoga from India, tai chi from China, Nia from the U.S., and dozens of other traditions, taught side by side. Along with the movement, something quieter took root too: statues of Buddha, St. Francis, Shiva-Nataraj, and Kwan-Yin filling the space; a yearly almanac of wisdom quotes from everyone from the Dalai Lama to Dolly Parton! The Center celebrated holy days from Christian Easter, to the Hindu Diwali festival of light, to Hawaiian hiʻuwai ocean-cleansing ceremonies. A community had formed — and with it, sacred practices of both mindful stillness and movement.

On her 70th birthday in 2025, Still & Moving Center's founder, Renée Tillotson, looked towards what this community would need to outlast any one person's tenure. So, she decided to give Still & Moving as a gift to the community as a whole. Together with Kumu Mālia Helelā — who has stood beside her since the beginning — and Dustin Hara — whose background in business and gospel music has become central to the Center's life — Renée founded Still & Moving Meditation Fellowship: a 501(c)(3) nonprofit with the purpose of creating a meditation center where people can practice mindfully moving and mindfully sitting. The Fellowship registered in Hawaii on February 18, 2026, and was inaugurated in a sunrise hi'uwai ceremony on Buddha Purnima, May 1, 2026.

The Fellowship currently holds regular meditation sessions, sacred conversation circles, tea ceremonies, and study groups. It also honors the same 'holy days' the community has always celebrated. The Fellowship offers trainings under the program named Path to Moving Meditation, which started with a public blessing on August 4, 2026. The Path currently trains teachers in moving meditation and looks forward to training members of the general public. Mālia Helelā, kumu hula, will soon found another program under the Fellowship, this one devoted to sacred traditional Hawaiian arts, such as hula, oli, and lomilomi.

Currently based at 1024 Queen Street in Honolulu's Kakaʻako neighborhood, Still & Moving Meditation Fellowship is now seeking its forever home — a property with room to grow: green grounds for hula and walking meditation, plus beautiful indoor space for all its many still and moving forms of meditation, and roots planted close to the heart of the city. Until then, the original Still & Moving Center continues to offer a mindful moving arts program.

stillandmovingmeditationfellowship.org

About Foley Artistry

Imagine watching a movie without sound. A dramatic battle loses its intensity, a mysterious forest its atmosphere, and a moment of danger its suspense. Sound doesn't simply tell us what's happening; it helps us feel the story. For Dustin Hara, Mark Morisaki, and Audi Nodado, the three sound artists of The Ramayana, bringing this epic world to life means using imagination, unexpected instruments, and a talent for making noise. And here's the magic: every sound effect is created LIVE!

Our production's sound has evolved considerably over the years. What began with simple bells and drum beats to accompany the storytelling, grew into keyboard music and singing talent. Mark Morisaki introduced us to Foley artistry.

Foley art holds an interesting history. In the 1920s, sound pioneer Jack Foley helped develop techniques for creating everyday sounds for radio and films using ordinary objects. Coconut shells, for example, could imitate horse hooves. Today, much of movie sound is digitally produced, but our artists are bringing this original, hands-on tradition to the live stage.

Last year, Mark managed nearly 112 sound cues. For Rama's legendary bow breaking, he even built a contraption from salvaged wood and household tools to create a cracking sound lasting just two seconds. When Ravana sets Hanuman's tail on fire, an ordinary plastic bag produces the crackling flames. And the ocean sound? It's an ocean drum, whose tiny beads mimic waves rolling onto shore.

These effects require extraordinary timing, experimentation, and imagination. Unlike movie sound effects, there's no editing or second takes. Everything happens in the moment. Our narrator, Doris Morisaki, especially appreciates how the musicians support her storytelling, helping her build suspense and respond to the audience's laughter, gasps, and excitement. The sounds also give her moments to pause, emphasize an emotion, or let a scene unfold.
It's a fascinating collaboration between musicians, storyteller, and audience, with each live Foley sound contributing to the riveting experience of the story.

Production Sponsors & Partners

HAWAII THEATRE CENTER

Still & Moving Meditation
Fellowship

A note from Still & Moving Founder Renée Tillotson

You are in for such a special treat this evening! I've been telling this story to my children and grandchildren since they could talk. The heroes and sheroes in this ancient epic thrill us with their courage in the face of dastardly misfortune, their loyalty to one another, and their soul-deep commitment to leading exemplary lives. I look to Ram, Sita and Hanuman when I need inspiration or guidance through adversity in my own life.

The Still & Moving Center community has been sharing the Ramayana epic every Diwali for the last 15 years. I used to simply tell the story in fireside style. Then I realized that I was telling a rollicking tale with all of my glorious movers sitting still. What a waste of all that talent, from dancers, to yogis, martial artists and aerialists! So we began narrating the story, with our moving artists setting it into motion! We've included everyone from beginners to professionals - the point is to tell it from our hearts to yours.

We're bursting our buttons to share the Ramayana with you in this marvelous setting, Hawaii Theatre! Mahalo for your attendance, and mahalo for all the folks off and on the stage who have made this enactment possible. Jai Sita! Jai Ram! Jai Hanuman!

Renée Tillotson
Legacy Founder:
Still & Moving Center
Still & Moving Meditation Fellowship
stillandmovingcenter.com