

Class Schedule
Week Of: March 20th-26th

MON 20th	6:45a-7:45a 8:00a-9:15a 9:45a-11:00a 5:00p - 6:15p 6:00p-7:00p	Guided Sunrise Meditation with Larkin Energizing Morning Flow Yoga with Larkin Therapeutic Anusara Yoga with Skeeter Yoga for Beginners and the Flexibility Challenged! with Danielle Upcountry Monday Night Meditation AI-Anon Family Group	Lobby Yoga Classroom Yoga Classroom Yoga Classroom Jaunta Lounge
TUE 21st	6:45a-7:45a 8:00a-9:00a 9:30a-10:45a 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Karin Pilates Mat Modern with Klaudia Yin Yoga – The Art of Stillness with Ruby Vinyasa Yoga on the Lawn with Alison Gong and Tibetan Bowl Sound Bath with Rachel	Lobby Yoga Classroom Yoga Classroom Meditation Lawn Yoga Shala
WED 22nd	6:45a-7:45a 8:00a-9:15a 8:00a-9:15a 10:00a-12:00a 1:30p-3:00p 5:00p-6:15p 6:30p-7:30p	Guided Sunrise Meditation with Arlene Breathe and Flow Yoga with Jayne Discovery Meditation with Gabe Local Hawaiian Plants Horticulture with Anne Advance Wahine (Women's) Hula Dance with Kumu Hoku (Invite Only) Vinyasa Yoga on the Lawn with Kelli Groove Dance with Wade Robson	Lobby Yoga Classroom Lobby Lobby Yoga Classroom Yoga Classroom Yoga Shala
THU 23rd	6:45a-7:45a 8:00a - 9:15a 9:30a-10:45a 3:00p-4:15p 5:00p-6:00p 6:30p-8:00p	Guided Sunrise Meditation with Karin Tantra Vinyasa Yoga with Brad Hay Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) Chopra's 7 Spiritual Laws of Meditation and Yoga for Beginners with Arlene Yin-licious Yoga with Ashley 5Rhythms™ Maui Waves Dance with Lucia Horan and Douglas Drummond	Lobby Yoga Classroom Yoga Classroom Yoga Classroom Yoga Classroom Yoga Shala
FRI 24th	6:45am-7:45a 8:00a-9:15a 9:30a-10:30a 3:00p-4:00p 4:00p-5:00p 5:00p-6:00p	Guided Sunrise Meditation with Larkin Heart of Yoga™ with Douglas Drummond Align and Flow Yoga with Chrissy Wild Goose Qi Gong with Tai Organic Garden Tour with Emory Circle Play Hoop Dance Class with Chelleigh Starfish	Lobby Yoga Classroom Yoga Classroom Yoga Classroom Meet at Reception Meditation Lawn
SAT 25th	6:45a-7:45a 8:00a - 9:30a 9:45a -11:00a 5:00p-6:00p	Guided Sunrise Meditation with Larkin Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter Hawaiian Ho'oponopono Meditation with Karin	Lobby Yoga Classroom Yoga Classroom Yoga Classroom
SUN 26th	6:45a-7:45a 8:00a - 9:30a 10:00a-11:00a 4:00p-5:30p 7:00p-9:00p	Guided Sunrise Meditation with Karin Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Wild Goose Qi Gong with Ayla Gustafson Yin Yoga – The Art of Stillness with Ruby New Moon Sound Healing Ceremony with Heather Salmon & Donny Regal	Lobby Yoga Classroom Yoga Classroom Yoga Classroom Lobby

~ Classes are included in your stay at Lumeria Maui ~
Offsite/Community student class fees: \$20 per class for island visitors; \$15 per class Kama'aina