



Class Schedule
Week Of: May 1st-7th

MON 1st	6:45a-7:45a 8:00a-9:15a 9:45a-11:00a 3:45p-5:00p 5:00p - 6:15p 6:30p-7:30p 6:00p-7:00p	Guided Sunrise Meditation with Larkin Energizing Morning Flow Yoga with Larkin Therapeutic Anusara Yoga with Skeeter Essential Oils with Lasensua Yoga for Beginners and the Flexibility Challenged! with Danielle Bollywood Dance with Manju Upcountry Monday Night Al-Anon Family Group	Yoga Shala Yoga Shala Yoga Shala Lobby Yoga Shala Yoga Shala Jauntra Lounge
TUE 2nd	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 Mikaya and Rachel	Yoga Shala Yoga Shala Yoga Shala Meditation Lawn Yoga Shala
WED 3rd	6:45a-7:45a 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 Chopra's 7 Spiritual Laws of Meditation and Yoga for Beginners with Arlene Local Hawaiian Plants Gardening (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	Yoga Shala Yoga Shala Lobby Yoga Classroom Meditation Lawn Yoga Shala
THU 4th	6:45a-7:45a 8:00a - 9:15a 9:30a-10:45a 3:00p-4:15p 5:00p-6:00p 6:00p-6:30p 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 Organic Garden Tour with Emory 5Rhythms™ Maui Waves Dance with Lucia Horan and Douglas Drummond	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala In Front of Lobby Yoga Shala
FRI 5th	6:45am-7:45a 8:00a-9:15a 9:30a-11:00a	Guided Sunrise Meditation with Larkin Heart of Yoga™ with Douglas Drummond Align and Flow Yoga with Chrissy	Yoga Shala Yoga Shala Yoga Shala
SAT 6th	6:45a-7:45a 8:00a - 9:30a 9:45a -11:00a 2:30p-4:30p 3:30p-4:45p 5:00p-6:00p	Guided Sunrise Meditation with Larkin Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter Intro to Ayurveda Workshop Series – Nourishment, Food as Medicine w/ Arlene Sacred Meetings with Rosa Yin-licious Yoga with Ashley	Yoga Shala Yoga Shala Yoga Shala Jaunta Lounge Yoga Classroom Yoga Classroom
SUN 7th	6:45a-7:45a 8:00a - 9:30a 10:00a-11:00a 4:00p-5:30p	Guided Sunrise Meditation with Karin Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Wild Goose Qi Gong with Ayla Gustafson Yin and Yang Yoga for Everything with Sookie	Lobby Lobby Lobby 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