



**Class Schedule**  
**Week Of: July 17<sup>th</sup> – 23<sup>rd</sup>**

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|---------------------|--|--|---|
| <b>MON<br/>17th</b> | 6:45a-7:45a<br>8:00a-9:15a<br>9:45a-11:00a<br>3:00p-4:15p<br>5:00p-6:15p<br>6:30p-7:30p<br>6:00p-7:00p | Guided Sunrise Meditation with Larkin<br>Energizing Morning Yoga with Larkin<br>Therapeutic Anusara Yoga with Skeeter<br>Essential Oils with Lasensua<br>Yoga for Beginners and the Flexibility Challenged! with Danielle<br>Bollywood Dance with Manju<br>Upcountry Monday Night AI-Anon Family Group | Yoga Shala<br>Yoga Shala<br>Yoga Shala<br>Lobby<br>Yoga Shala<br>Yoga Shala<br>Jauntra Lounge |
| <b>TUE<br/>18th</b> | 6:45a-7:45a<br>8:00a-9:00a<br>9:30a-10:45a<br>5:00p-6:15p<br>6:30p-8:00p                               | Guided Sunrise Meditation with Karin<br>Yoga for Beginners and the Flexibility Challenged! with Danielle<br>Yin Yoga – The Art of Stillness with Ruby<br>Kripalu Vinyasa Yoga on the Lawn with Alison<br>Gong and Singing Bowl Sound Bath with Mikaya and Rachael                                      | Lobby<br>Yoga Shala<br>Yoga Classroom<br>Meditation Lawn<br>Yoga Shala                        |
| <b>WED<br/>19th</b> | 6:45a-7:45a<br>8:00a-9:15a<br>9:30a-11:00a<br>10:00a-12:00a<br>3:00p-4:15p<br>5:00p-6:15p              | Guided Sunrise Meditation with Gabe<br>Ashtanga Vinyasa Yoga with Ashley<br>Iyengar Yoga with Kay Huckabee<br>Local Hawaiian Plants Gardening (Horticulture) with Anne<br>Essential Oils with Lasensua<br>Vinyasa Yoga for Beginners on the Lawn with Kelli  | Lobby<br>Yoga Shala<br>Yoga Classroom<br>Lobby<br>Lobby<br>Meditation Lawn                    |
| <b>THU<br/>20th</b> | 6:45a-7:45a<br>8:00a - 9:15a<br>9:30a-10:45a<br>5:00p-6:00p<br>6:00p-6:30p<br>6:30p-8:00p              | Guided Sunrise Meditation with Ruby<br>Tantra Vinyasa Yoga with Brad Hay<br>Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby)<br>Yin-licious Yoga with Ashley<br>Organic Garden Tour with Emory<br>5Rhythms™ Maui Waves Dance with Lucia Horan and Douglas Drummond                      | Lobby<br>Yoga Shala<br>Yoga Classroom<br>Yoga Classroom<br>In Front of Lobby<br>Yoga Shala    |
| <b>FRI<br/>21st</b> | 6:45am-7:45a<br>8:00a-9:15a<br>9:30a-11:00a<br>3:30p-4:30p<br>5:00p-6:30p                              | Guided Sunrise Meditation with Larkin<br>Align and Flow Yoga with Chrissy<br>Align and Flow Yoga with Chrissy<br>Wild Goose Qi Gong with Tai<br>Iyengar Yoga with Kay Huckabee   | Lobby<br>Yoga Shala<br>Yoga Shala<br>Yoga Classroom<br>Yoga Shala                             |
| <b>SAT<br/>22nd</b> | 6:45a-7:45a<br>8:00a - 9:30a<br>9:45a - 11:00a<br>5:00p-6:15p  | Guided Sunrise Meditation with Larkin<br>Anusara Yoga 'Ohana Saturday with Skeeter<br>Therapeutic Feldenkrais Somatic Movement with Skeeter<br>Yin-licious Yoga with Ashley  | Lobby<br>Yoga Shala<br>Yoga Shala<br>Yoga Shala   |
| <b>SUN<br/>23rd</b> | 8:00a - 9:30a<br>10:00a-11:00a<br>4:00p-5:30p<br>7:00p-9:00p   | Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance)<br>Wild Goose Qi Gong with Ayla<br>Yin and Yang Yoga for Healthy Everything with Sookie<br>Leo New Moon Sound Healing Ceremony w/ Heather and Donny   | Yoga Shala<br>Yoga Classroom<br>Yoga Classroom<br>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