



Class Schedule
Week Of: August 7th – 13th

MON 7th	6:45a-7:45a 8:00a-9:15a 9:45a-11:00a 5:00p-6:15p 6:30p-7:30p 6:00p-7:00p	Guided Sunrise Meditation with Larkin Energizing Morning Yoga with Larkin Therapeutic Anusara Yoga with Skeeter Yin-licious Yoga with Ashley Bollywood Dance with Manju Upcountry Monday Night AI-Anon Family Group	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala Jauntra Lounge
TUE 8th	6:45a-7:45a 8:00a-9:15a 9:30a-10:45a 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Karin Align and Flow Yoga with Chrissy Yin Yoga – The Art of Stillness with Ruby Kripalu Vinyasa Yoga on the Lawn with Alison Gong and Singing Bowl Sound Bath with Mikaya and Rachael	Lobby Yoga Shala Yoga Classroom Meditation Lawn Yoga Shala
WED 9th	6:45a-7:45a 8:00a-9:15a 9:30a-11:00a 10:00a-12:00a 5:00p-6:15p	Guided Sunrise Meditation with Gabe Ashtanga Vinyasa Yoga with Ashley Iyengar Yoga with Kay Huckabee Local Hawaiian Plants Gardening (Horticulture) with Anne Vinyasa Yoga for Beginners on the Lawn with Kelli	Lobby Yoga Shala Yoga Classroom Lobby Meditation Lawn
THU 10th	6:45a-7:45a 8:00a - 9:15a 9:30a-10:45a 11:00a-12:00p 5:00p-6:00p 6:00p-6:30p 6:30p-8:00p	Guided Sunrise Meditation with Ruby Ashtanga Vinyasa Yoga with Ashley Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) Wild Goose Qi Gong with Ayla Yin-licious Yoga with Ashley Organic Garden Tour with Emory 5Rhythms™ Maui Waves Dance with Lucia Horan and Douglas Drummond	Lobby Yoga Shala Yoga Classroom Yoga Classroom Yoga Classroom In Front of Lobby Yoga Shala
FRI 11th	6:45am-7:45a 8:00a-9:15a 9:30a-11:00a 3:30p-4:30p 5:00p-6:30p	Guided Sunrise Meditation with Larkin Heart of Yoga with Douglas Align and Flow Yoga with Chrissy Wild Goose Qi Gong with Tai Iyengar Yoga with Kay Huckabee	Lobby Yoga Shala Yoga Shala Yoga Classroom Yoga Shala
SAT 12th	6:45a-7:45a 8:00a - 9:30a 9:45a -11:00a 6:30p-8:30p	Guided Sunrise Meditation with Larkin Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter Medicine Song Ceremony with Shaman Alberto	Lobby Yoga Shala Yoga Shala Yoga Shala
SUN 13th	6:45a - 7:45a 8:00a - 9:30a 10:00a-11:00a 4:00p-5:30p	Guided Sunrise Meditation with Gabe Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Wild Goose Qi Gong with Ayla Yin and Yang Yoga for Healthy Everything with Sookie	Lobby Yoga Shala Yoga Classroom Yoga Classroom

~ 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