



Class Schedule
Week Of: August 28th - September 3rd

MON 28th	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 Yoga for Beginners and the Flexibility Challenged! with Danielle Bollywood Dance with Manju Upcountry Monday Night AI-Anon Family Group	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala Jauntra Lounge
TUE 29th	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 Shala Meditation Lawn Yoga Shala
WED 30th	6:45a-7:45a 8:00a-9:15a 9:30a-11:00a 10:00a-12:00a 4:00p-5:15p 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Gabe Ashtanga Vinyasa Yoga with Ashley Iyengar Yoga with Kay Huckabee Local Hawaiian Plants Gardening (Horticulture) with Anne Advance Wahine (Women) Hawaiian Hula Dance with Kumu Hoku (Invite Only) Yin-licious Yoga with Ashley Groove Dance with Wade Robson	Lobby Yoga Shala Yoga Shala Lobby Yoga Classroom Yoga Shala Yoga Shala
THU 31st	6:45a-7:45a 8:00a - 9:15a 9:30a-10:45a 11:00a-12:00p 5:00p-6:00p 6:30p-8:00p	Guided Sunrise Meditation with Karin 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 5Rhythms™ Maui Waves Dance with Lucia Horan and Douglas Drummond	Lobby Yoga Shala Yoga Shala Yoga Classroom Lobby Yoga Shala
FRI 1st	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 2nd	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 Shala Yoga Shala Yoga Shala
SUN 3rd	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 Yin and Yang Yoga for Healthy Everything with Sookie	Lobby Yoga Shala Yoga Shala 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