



Class Schedule
Week Of: November 5th- November 11th

MON 5th	8:00a-9:15a 9:45a-11:00a 5:00p-6:15p 6:00p-7:00p	Restorative Yin Flow Yoga with Karin Therapeutic Anusara Yoga with Skeeter Yoga for Beginners and the Flexibility Challenged! with Danielle Upcountry Monday Night AI-Anon Family Group - CANCELLED	Yoga Shala Yoga Shala Yoga Shala CANCELLED
TUE 6th	6:45a-7:45a 8:00a-9:15a 9:30a-10:45a 3:30p-4:45p 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Karin Yin Yang Flow Yoga with Bruno Yin Yoga – The Art of Stillness with Ruby Essential Oils 101 with Lasensua Kripalu Yoga on the Lawn with Ali Sacred Sound Alchemy with Rasa Priya	Yoga Shala Yoga Shala Yoga Shala Lobby PDR Meditation Lawn Yoga Shala
WED 7th	6:45a-7:45a 8:00a-9:15a 10:00a-12:00p 5:00p-6:15p	Guided Sunrise Meditation with Karin Restorative Yoga with Karin Horticulture (Gardening) with Anne Candlelight Kundalini Yoga with Amarsharan Kaur (Ruby)	Yoga Shala Yoga Shala Lobby PDR Yoga Shala
THU 8th	6:45a-7:45a 8:00a-9:15a 10:00a-11:00a 5:00p-6:15p 6:30p-7:45p	Guided Sunrise Meditation with Bruno Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) SoulFit™ Dance with Carmen Restorative Yoga with Sheridan Slow Flow and Yoga Nidra with Bruno	Yoga Shala Yoga Shala Yoga Classroom Yoga Shala Yoga Shala
FRI 9th	6:45a-7:45a 8:00a-9:15a 9:30a-10:30a 5:00p-6:00p	Guided Sunrise Meditation with Bruno Yin Yang Flow Yoga with Bruno Slow Flow Yoga with Rebecca Gentle Yoga with Keri	Yoga Shala Yoga Shala Yoga Shala Yoga Shala
SAT 10th	6:45a-7:45a 8:00a - 9:30a 9:45a-11:00a 1:00p-4:00p 5:00p-6:00p 6:30p-7:30p	Guided Sunrise Meditation with Elena Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter EMERGE Workshop: A Therapy in Motion w/ Maggi Feehan & Deb Marois (\$65) Restorative Yoga with Sheridan Dream Journeys for Soul Remembering Meditation with Sheridan	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala
SUN 11th	6:45a-7:45a 8:00a - 9:30a 2:00p-4:00p 3:30p-4:30p 5:00p-6:15p	Guided Sunrise Meditation with Karin Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Vipassana Group Silent Meditation – Returning Students Only Wild Goose Qi Gong with Tai Restorative Yoga with Karin	Yoga Shala Yoga Shala 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