



Class Schedule
Week Of: December 3rd- 9th

MON 3rd	8:00a-9:15a 9:45a-11:00a 5:00p-6:15p 6:00p-7:00p	Restorative Yin Flow Yoga with Rebecca Therapeutic Anusara Yoga with Skeeter Yoga for Beginners and the Flexibility Challenged! with Danielle Upcountry Monday Night AI-Anon Family Group	Yoga Shala Yoga Shala Yoga Classroom Lobby PDR
TUE 4th	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 Rebecca Slow Flow with Rebecca 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 - CANCELLED	Yoga Shala Yoga Shala Yoga Shala Lobby PDR Meditation Lawn CANCELLED
WED 5th	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 Classroom
THU 6th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p 6:30p-7:45p	Guided Sunrise Meditation with Karin Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) Restorative Yoga with Sheridan Slow Flow and Yoga Nidra with Bruno	Yoga Shala Yoga Shala Yoga Shala Yoga Shala
FRI 7th	6:45a-7:45a 8:00a-9:15a 9:30a-11:00a 5:00p-6:00p	Guided Sunrise Meditation with Bruno Chakra Flow Yoga with Elena Slow Flow Yoga with Rebecca Gentle Yoga with Keri	Yoga Shala Yoga Shala Yoga Shala Yoga Shala
SAT 8th	6:45a-7:45a 8:00a - 9:30a 9:45a-11:00a 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 Restorative Yoga with Sheridan Dream Journeys Meditation For Soul Remembering with Sheridan	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Yoga Shala
SUN 9th	6:45a-7:45a 8:00a-9:30a 5:00p-6:00p 7:00p-9:00p	Guided Sunrise Meditation with Karin Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Restorative Yoga with Karin New Moon Mystical Alchemy Sound Healing & Cacao Ceremony w/ Heather & Donny	Yoga Shala Yoga Shala Yoga Shala Yoga Shala

~ 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