



Class Schedule
Week Of: January 7th – January 13th

MON 7th	6:45a-7:45a 8:00a-9:15a 9:45a-11:00a 5:00p-6:15p 6:00p-7:00p	Guided Sunrise Meditation with Karin 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	Yoga Shala Yoga Shala Yoga Shala Yoga Yoga Lobby PDR
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 Yin Yang Flow Yoga with Bruno Yin Yoga – The Art of Stillness with Ruby Prana Awakening Flow Yoga with Ali Sacred Sound Alchemy Kirtan with Rasa Priya	Yoga Shala Yoga Shala Yoga Shala Meditation Lawn Yoga Shala
WED 9th	6:45a-7:45a 8:00a-9:15a 10:00a-12:00p 3:00p-4:30p 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Arlene Spirit Flow Yoga with Arlene Horticulture (Gardening) with Anne Introduction to Meditation Workshop with Arlene (\$39 Drop-In, \$25 for Lumeria Guest) Candlelight Kundalini Yoga with Amarsharan Kaur (Ruby) Perfect Health Workshop with Arlene (\$39 Drop-In, \$25 for Lumeria Guest)	Yoga Shala Yoga Shala Lobby PDR Yoga Shala Yoga Shala Yoga Shala
THU 10th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p	Guided Sunrise Meditation with Karin Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) Restorative Yoga with Sheridan	Yoga Shala Yoga Shala Yoga Shala
FRI 11th	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 Yin and Yoga Nidra with Amarsharan Kaur (Ruby)	Yoga Shala Yoga Shala Yoga Shala Yoga Classroom
SAT 12th	8:00a - 9:30a 9:45a-11:00a 5:00p-6:00p 6:30p-7:30p	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 Classroom Yoga Classroom Yoga Classroom Yoga Classroom
SUN 13th	8:00a-9:30a 5:00p-6:15p	Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Restorative Yoga with Karin	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