



Class Schedule
Week Of: February 4th – February 10th

MON 4th	6:45a-7:45p 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 Shala Lobby PDR
TUE 5th	6:45a-7:45a 8:00a-9:15a 9:30a-10:45a 5:00p-6:15p	Guided Sunrise Meditation with Karin Yin Yang Flow Yoga with Bruno Yin Yoga – The Art of Stillness with Ruby Kripalu Vinyasa Flow Yoga On The Lawn with Ali	Yoga Shala Yoga Shala Yoga Shala Meditation Lawn
WED 6th	6:45a-7:45a 8:00a-9:15a 10:00a-12:00p 3:00p-4:30p 3:30p-4:45p 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Arlene Spirit Flow Yoga with Arlene Horticulture (Gardening) w/ Anne – Growing Tomatoes Successfully Deepak Chopra’s Chakra Workshop with Arlene (\$39 Drop-In, \$25 for Lumeria Guest) Essential Oils 101 with Lasensua Candlelight Kundalini Yoga with Amarsharan Kaur (Ruby) Deepak Chopra’s Inner Pharmacy Workshop with Arlene (\$39 Drop-In, \$25 for Lumeria Guest)	Yoga Shala Yoga Shala Lobby PDR Yoga Shala Lobby PDR Yoga Shala Yoga Shala
THU 7th	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 Classroom
FRI 8th	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 Classroom Yoga Classroom Yoga Classroom
SAT 9th	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 10th	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