



Class Schedule
Week Of: March 11th – 17th

MON 11th	8:00a-9:15a 10:00a-11:30a 5:00p-6:15p 6:00p-7:00p	Restorative Yin Flow Yoga with Karin Beginning Intermediate Yoga with Skeeter Breathe and Flow Yoga with Jayne Upcountry Monday Night AI-Anon Family Group	Yoga Classroom Yoga Classroom Yoga Classroom Lobby PDR
TUE 12th	8:00a-9:15a 9:30a-10:45a 5:00p-6:15p	Yin Yang Flow Yoga with Bruno Yin Yoga Nidra – The Art of Stillness with Ruby Kripalu Vinyasa Flow Yoga On The Lawn with Ali	Yoga Classroom Yoga Classroom Meditation Lawn
WED 13th	8:00a-9:15a 10:00a-12:00p 3:00p-4:30p 3:30p-4:45p 5:00p-6:15p 6:30p-8:00p	Spirit Flow Yoga with Arlene Horticulture (Gardening) w/ Anne – Controlling Vegetable Diseases Deepak Chopra's Higher States of Consciousness with Arlene (\$39 For Drop-In, \$25 For Lumeria Maui Guests) Essential Oils 101 with Lasensua Candlelight Kundalini Yoga with Amarsharan Kaur (Ruby) Deepak Chopra's Emotional Clearing with Arlene (\$39 For Drop-In, \$25 For Lumeria Maui Guests)	Yoga Classroom Lobby PDR Yoga Classroom Lobby PDR Yoga Classroom Yoga Classroom
THU 14th	8:00a-9:15a 9:30a-10:45p 5:00p-6:15p	Kundalini Yoga, Meditation and Gong with Amarsharan Kaur (Ruby) Balancing Your Spiritual Growth and Personal Finances with Lis Restorative Yoga with Sheridan	Yoga Classroom Lobby Yoga Classroom
FRI 15th		NO CLASSES TODAY	
SAT 16th	8:00a - 9:30a 9:45a-11:00a	Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter	Yoga Classroom Yoga Classroom
SUN 17th	8:00a-9:30a	Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance)	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