



Class Schedule
Week Of: April 15th – 21st

MON 15th	6:45a-7:45a 8:00a-9:15a 10:00a-11:30a	Guided Sunrise Meditaiton with Karin Restorative Yin Flow Yoga with Karin Beginning Intermediate Yoga with Skeeter	Yoga Shala Yoga Shala Yoga Shala
TUE 16th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Karin Spirit Flow Yoga with Arlene Kripalu Vinyasa Flow Yoga On The Lawn with Ali Sound Healing Ceremony with Giuliano Geronymo	Yoga Shala Yoga Shala Meditation Lawn Yoga Shala
WED 17th	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 Karin Spirit Flow Yoga with Arlene Horticulture (Gardening) with Anne Deepak Chopra's Body, Mind and Soul with Arlene (\$39 For Drop-In, \$25 For Lumeria Maui Guests) Essential Oils 101 with Lasensua Kundalini Yoga with Gong Bath Amarsharan Kaur (Ruby) Deepak Chopra's Introduction to Meditation with Arlene (\$39 For Drop-In, \$25 For Lumeria Maui Guests)	Yoga Shala Yoga Shala Lobby PDR Yoga Shala Lobby PDR Yoga Shala Yoga Shala
THU 18th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p	Guided Sunrise Meditation with Karin Yin Yoga Nidra - A Sense of Wholeness with Amarsharan Kaur (Ruby) Restorative Yoga with Sheridan	Yoga Shala Yoga Shala Yoga Shala
FRI 19th	6:45a-7:45a 8:00a-9:15a 9:30a-11:00a 3:30p-4:45p 5:00p-6:15p	Guided Sunrise Meditation with Rebecca Chakra Flow Yoga with Elena Slow Flow Yoga with Rebecca Essential Oils 101 with Denise Gentle Yoga with Sheridan	Yoga Shala Yoga Shala Yoga Shala Lobby PDR Yoga Shala
SAT 20th	6:45a-7:45a 8:00a - 9:30a 9:45a-11:00a 12:30p-3:30p 5:00p-6:00p 5:30p-6:30p 6:30p-7:30p	Guided Sunrise Meditation with Elena Anusara Yoga 'Ohana Saturday with Skeeter Therapeutic Feldenkrais Somatic Movement with Skeeter Yoga Whole-Body Fitness Workshop with Nate N (\$55 per person/\$100 per couple – 20% Discount available to Lumeria Maui Guests) Restorative Yoga with Sheridan Tea Ceremony with Casey Hale Dream Journeys Meditation For Soul Remembering with Sheridan	Yoga Shala Yoga Shala Yoga Shala Meditation Lawn Yoga Shala Lobby PDR Yoga Shala
SUN 21st	6:45a-7:45a 8:00a-9:30a 5:00p-6:15p	Guided Sunrise Meditation with Karin Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Restorative Yoga with Karin	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