



Class Schedule
Week Of: May 13th – May 19th

MON 13th	6:45a-7:45a 8:00a-9:15a 10:00a-11:30a 5:00p-6:15p 6:00p-7:00p	Guided Sunrise Meditation with Karin Restorative Yin Flow Yoga with Karin Beginning Intermediate 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 14th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Karin Slow Flow Yoga with Rebecca Kripalu Vinyasa Flow Yoga On The Lawn with Ali Sound Healing Ceremony with Giuliano Geronymo	Yoga Shala Yoga Shala Meditation Lawn Yoga Shala
WED 15th	6:45a-7:45a 8:00a-9:15a 10:00a-12:00p 3:30p-4:45p 5:00p-6:15p 7:30p-8:30p	Guided Sunrise Meditation with Arlene Spirit Flow Yoga with Arlene Horticulture (Gardening) with Anne Essential Oils 101 with Lasensua Kundalini Yoga with Gong Bath Amarsharan Kaur (Ruby) Gong Bath with Shanti Sound	Yoga Shala Yoga Shala Lobby PDR Lobby PDR Yoga Shala Lobby
THU 16th	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 17th	6:45a-7:45a 8:00a-9:15a 3:30p-4:45p 5:00p-6:00p 6:00p-7:30p	Guided Sunrise Meditation with Rebecca Chakra Flow Yoga with Elena Essential Oils 101 with Denise Gentle Yoga with Sheridan Full Moon Candle Ceremony with Casey Hale	Yoga Shala Yoga Shala Lobby PDR Yoga Classroom Yoga Shala
SAT 18th	6:45a-7:45a 8:00a - 9:30a 9:45a-11:00a 5:00p-6:00p 5:30-6:30p 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 Tea Ceremony with Casey Hale Dream Journeys Meditation For Soul Remembering with Sheridan	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Lobby PDR Yoga Shala
SUN 19th	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