



Class Schedule
Week Of: June 10th – 16th

MON 10th	6:45a-7:45a 8:00a-9:15a 10:00a-11:30a 5:00p-6:15p 6:00p-7:00p	Guided Sunrise Meditation with Arlene Ashtanga Vinyasa Yoga with Vallia Beginning Intermediate Yoga with Skeeter Breathe and Flow Yoga with Arlene Upcountry Monday Night Al-Anon Family Group	Yoga Shala Yoga Shala Yoga Shala Yoga Shala Lobby PDR
TUE 11th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p 6:30p-8:00p	Guided Sunrise Meditation with Rebecca 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 12th	6:45a-7:45a 8:00a-9:15a 10:00a-12:00p 3:30p-4:45p 5:00p-6:15p	Guided Sunrise Meditation with Arlene Spirit Flow Yoga with Arlene Horticulture with Anne – Propagating Confidence: Grafting, Cutting & Layering Essential Oils 101 with Denise Kundalini Yoga with Gong Bath Amarsharan Kaur (Ruby)	Yoga Shala Yoga Shala Lobby PDR Lobby PDR Yoga Shala
THU 13th	6:45a-7:45a 8:00a-9:15a 5:00p-6:15p 6:30p-7:30p	Guided Sunrise Meditation with Arlene Yin Yoga Nidra A Sense of Wholeness with Amarsharan Kaur (Ruby) Restorative Yoga with Sheridan Candlelight Stretch and Strengthen Dance with Lisanna	Yoga Shala Yoga Shala Yoga Shala Yoga Shala
FRI 14th	6:45a-7:45a 8:00a-9:15a 3:30p-4:45p 5:00p-6:00p	Guided Sunrise Meditation with Rebecca Slow Flow Yoga with Rebecca Essential Oils 101 with Denise Gentle Yoga with Sheridan	Yoga Shala Yoga Classroom Lobby PDR Yoga Classroom
SAT 15th	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 16th	8:00a-9:30a 5:00p-6:15p	Anusara Yoga Sacred Sunday with Skeeter (Intermediate-Advance) Spirit Flow Yoga with Arlene	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

