

# LUMERIA

## Maui

CLASS SCHEDULE: July 22 to July 28, 2024

MON	8:00-9:00 am 3:30-4:30 pm 5:00-6:00 pm	Vinyasa Flow with Tanmayo Island Flow Yoga with Cora Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Classroom Yoga Shala
TUES	8:00-9:00 am	Yin & Yoga Nidra with Amarsharan	Yoga Shala
WED	8:00-9:15 am 5:00 -6:00 pm	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom Yoga Shala
THURS	3:00 – 4:00 pm 5:00-6:15 pm	Island Flow Yoga with Cora Yoga, Breath, and Alignment with Sheridan	Yoga Classroom Yoga Shala
FRI	9:00-10:00 am 11:15-12:15 pm 6:30-7:30 pm	Rainbow Energy Healing with Brooke Hawaiian Hula Dance with Leinaala Ukulele Lesson with Dan Craft	Yoga Classroom Yoga Shala Fire Pits
SAT	8:00-9:15 am 5:00-6:00 pm 6:30-8:30 pm	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Sheridan **Yin Yoga Crystal Magic with Lydee**	Yoga Shala Yoga Classroom Yoga Shala
SUN	8:30-9:30 am 10:00-11:00 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala Yoga Shala

**\*\* Additional Cost\*\***