

LUMERIA

Maui

CLASS SCHEDULE: August 12th- 18th

MON	8:00- 9:00 am	Vinyasa Flow with Tanmayo	Yoga Classroom
	5:00- 6:00 pm	Crystal Bowl Meditation with Rose	Yoga Shala
TUES	8:00- 9:00 am	Yin & Yoga Nidra with Amarsharan	Yoga Classroom
	3:30- 4:30 pm	Island Flow Yoga with Cora	Yoga Classroom
WED	8:00- 9:15 am	Ayurveda Yoga with Annapurna	Yoga Classroom
	5:00 - 6:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
	6:30- 7:30 pm	Raising Consciousness through Aqua Yoga & Sacred Sound Bowl Chakra Tuning with Ronin	Pool
THURS	8:00- 9:00 am	5 Elements of Qi Gong with Courtney Aldor Island Flow Yoga with Cora Yoga, Breath, and Alignment with Danielle Poetry in Motion with Ronin	Yoga Shala
	3:00 pm- 4:00 pm		Yoga Classroom
	5:00- 6:15 pm		Yoga Shala
	6:00- 8:00 pm		Lobby Library
FRI	9:00- 10:00 am	Rainbow Energy Healing with Brooke	Yoga Classroom
	11:15- 12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Shala
	4:00-5:00 pm	Healing Breathwork with Sarah Rothman	Yoga Classroom
	6:30- 7:30 pm	Ukulele Lesson with Dan Craft	Fire Pits
SAT	8:00- 9:15 am	Movement Alchemy with Ronin Conscious Dance with Tamara Healing Gentle Yoga for Everyone with Sheridan **Yin Yoga Crystal Magic with Lydee**	Yoga Shala
	10:00- 11:00 am		Yoga Shala
	5:00- 6:00 pm		Yoga Classroom
	6:30-8:30 pm		**Yoga Shala**
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala
	10:00-11:00 am		Yoga Shala

**** Additional Cost****