

LUMERIA

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CLASS SCHEDULE: September 30th- October 6th

MON	8:00-9:00 am 5:00-6:00 pm	Hatha Yoga with Annapurna Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Classroom
TUES	8:00-9:00 am 3:30-4:30 pm 5:00- 6:00 pm	Kundalini Yoga & Gong with Amarsharan Island Flow Yoga with Cora "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin	Yoga Classroom Yoga Classroom Pool
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 Classroom
THURS	8:00-9:00 am 3:00-4:00 pm 5:00-6:15 pm	5 Elements of Qi Gong with Courtney Aldor Island Flow Yoga with Cora Yoga, Breath, and Alignment with Danielle	Yoga Shala Yoga Classroom Yoga Classroom
FRI	9:00-10:00 am 11:15-12:15 pm 4:00-5:00 pm 6:30-7:30 pm	Rainbow Energy Healing with Brooke Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft	Yoga Classroom Yoga Shala Yoga Shala Fire Pits
SAT	8:00- 9:15 am 10:00-11:00 am 5:00-6:00 pm	Kundalini Yoga & Gong with Amarsharan Conscious Dance with Tamara Healing Gentle Yoga for Everyone with Sheridan	Yoga Shala Yoga Shala Yoga Shala
SUN	8:30-9:30 am 10:00-11:00 am 5:30- 6:30 pm	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden Sacred Renewal: A Journey to Inner Balance and Calm With Maria	Yoga Shala Yoga Shala Yoga Shala (Outdoors)