

LUMERIA

Maui

CLASS SCHEDULE: September 16th – 22nd

MON	8:00-9:00 am	Vinyasa Flow with Tanmayo	Yoga Classroom
	5:00-6:00 pm	Accessing Your Own Medicine Guided Meditation with Jai Sheridan	Yoga Shala
TUES	8:00-9:00 am	Kundalini Yoga & Gong with Amarsharan	Yoga Classroom
	3:30-4:30 pm	Island Flow Yoga with Cora	Yoga Classroom
	5:00- 6:00 pm	“Path to Peace” Pool & Hot Tub Yoga Sound Bath with Ronin	Pool
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
THURS	8:00-9:00 am	5 Elements of Qi Gong with Courtney Aldor	Yoga Shala
	3:00 pm-4:00 pm	Island Flow Yoga with Cora	Yoga Classroom
	5:00-6:15 pm	Yoga, Breath, and Alignment with Jai Sheridan	Yoga Classroom
FRI	9:00-10:00 am	Guided Meditation: Cultivating Grounding and Presence with Tamara	Yoga Classroom
	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Classroom
	4:00-5:00 pm	Healing Breathwork with Sarah Rothman	Yoga Shala
	6:30-7:30 pm	Ukulele Lesson with Dan Craft	Fire Pits
SAT	8:00- 9:15 am	Kundalini Yoga & Gong with Amarsharan	Yoga Classroom
	10:00- 11:00 am	Meditation + Art with Tamara	Yoga Classroom
	5:00-6:00 pm	Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Shala
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Classroom
	10:00-11:00 am	Soma Yoga with Eden	Yoga Shala
	5:30- 6:30 pm	Sacred Renewal: A Journey to Inner Balance and Calm With Maria	Yoga Shala (Outdoors)