

LUMERIA

Maui

CLASS SCHEDULE: September 2nd – 8th

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Tibetan Bowls Meditation with Tanmayo	Yoga Classroom Yoga Classroom
TUES	8:00-9:00 am 3:30-4:30 pm 5:00- 6:00 pm	Yin & Yoga Nidra 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 Shala
THURS	8:00-9:00 am 3:00 pm-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 Shala
FRI	9:00-10:00 am 11:15-12:15 pm 4:00-5:00 pm *7:00- 8:00 pm* 6:30-7:30 pm	Rainbow Energy Healing with Brooke Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman **Sound Bath with Nicole** Ukulele Lesson with Dan Craft	Yoga Classroom Yoga Shala 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	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala Yoga Shala

**** Additional Cost****