

LUMERIA

Maui

CLASS SCHEDULE: September 9th- 15th

MON	8:00- 9:00 am 5:00- 6:00 pm	Vinyasa Flow with Tanmayo 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 6:30- 8:30 pm	Yin & Yoga Nidra with Amarsharan Island Flow Yoga with Cora "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin Poetry in Motion with Ronin	Yoga Classroom Yoga Classroom Pool Main Lobby
WED	8:00- 9:15 am 5:00- 6:00 pm *6:00- 8:00 pm*	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox **Breathwork and Sound Healing with Sarah Rothman**	Yoga Classroom Yoga Classroom **Yoga Shala**
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 Jai Sheridan	Yoga Shala 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 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 Jai 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****