

LUMERIA

Maui

CLASS SCHEDULE: October 14th- 20th

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Shala
TUES	8:00-9:00 am 5:00- 6:00 pm	Kundalini Yoga & Gong with Amarsharan "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin	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 6:30-7:30pm	5 Elements of Qi Gong with Courtney Aldor Island Flow Yoga with Cora Yoga, Breath, and Alignment with Danielle Full Moon Venus Kriya Partner Yoga with Merritt	Yoga Shala Yoga Classroom Yoga Shala Yoga Deck
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 Flow Movement and Alchemy Crystal Bowls Dance Practice with Rose 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 (NEW CLASS)	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)