

# LUMERIA

## Maui

### CLASS SCHEDULE: Class Schedule October 28<sup>th</sup>- November 3<sup>rd</sup>

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Classroom (Outdoors) Yoga Shala
TUES	8:00-9:00 am 4:00- 5:00 pm	Kundalini Yoga & Gong with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom Yoga Classroom
WED	8:00-9:15 am 4:00- 5:00 pm 5:00 -6:00 pm	Hatha Yoga with Tanmayo "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom Pool Yoga Shala
THURS	8:00-9:00 am 5:00-6:15 pm	5 Elements of Qi Gong with Courtney Aldor Yoga, Breath, and Alignment with Danielle	Yoga Shala Yoga Shala
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 "Soma Flow" Belly & Yoga Dance Fusion with Eden Healing Gentle Yoga for Everyone with Sheridan	Yoga Shala Yoga Shala Yoga Shala
SUN	8:30-9:30 am 9:45-10:45 am 5:30- 6:30 pm <b>(NEW CLASS)</b>	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)