

LUMERIA

Maui

CLASS SCHEDULE: October 7th- 13th

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| 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 3:30-4:30 pm 5:00- 6:00 pm 6:30- 7:30 pm | Kundalini Yoga & Gong 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 | 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 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 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 | 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) |