

LUMERIA

Maui

CLASS SCHEDULE: October 21st- 27th

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 "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 6:30- 8:30 pm	Hatha Yoga with Tanmayo "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin Spirit Flow Yoga & Chakra Toning with Arlene Fox Poetry in Motion with Ronin	Yoga Classroom Pool Yoga Shala Main Lobby
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 5:00-6:00 pm *6:30- 8:30pm*	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Sheridan **Yin Yoga Crystal Magic with Lydee**	Yoga Shala Yoga Classroom **Yoga Shala**
SUN	8:30-9:30 am 9:45-10:45 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)

Additional Cost