

# LUMERIA

## Maui

### CLASS SCHEDULE: November 4<sup>th</sup>- 10<sup>th</sup>

MON	8:30-9:30 am	Gentle Flow Yoga with Sheridan	Yoga Classroom
	5:00-6:00 pm	Crystal Bowl Meditation with Rose	Yoga Classroom
TUES	8:00-9:00 am	Kundalini Yoga & Gong with Amarsharan	Yoga Classroom
	4:00- 5:00 pm	"Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom
	5:00- 6:00 pm	"Path to Peace" Pool & Hot Tub Yoga Sound Bath	Pool
	6:30-8:30 pm	with Ronin Poetry in Motion with Ronin	Main Lobby
WED	8:30-9:30 am	Healing with the Elements Yoga with Sheridan	Yoga Classroom
	5:00 -6:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
THURS	8:00-9:00 am	5 Elements of Qi Gong with Courtney Aldor	Yoga Shala
	5:00-6:15 pm	Yoga, Breath, and Alignment with Danielle	Yoga Shala
FRI	9:00-10:00 am	Rainbow Energy Healing with Brooke	Yoga Shala
	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Shala
	4:00-5:00 pm	Healing Breathwork with Sarah Rothman	Yoga Shala
	6:30-7:30 pm	Ukulele Lesson with Dan Craft	Fire Pits
SAT	8:00- 9:15 am	Kundalini Yoga & Gong with Amarsharan	Yoga Shala
	10:00-11:00 am	Conscious Dance with Tamara	Yoga Shala
	5:00-6:00 pm	Healing Gentle Yoga for Everyone with Sheridan	Yoga Shala
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Shala
	9:45-10:45 am	Some Yoga with Eden	Yoga Shala
	5:30- 6:30 pm	Sacred Renewal: A Journey to Inner Balance and Calm With Maria	Yoga Shala (Outdoors)