

# LUMERIA

## Maui

CLASS SCHEDULE: December 23<sup>rd</sup> – 29<sup>th</sup>

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Shala Yoga Shala
TUES	8:00- 9:00 am 4:00- 5:00 pm 6:00- 7:00 pm	Kundalini Yoga & Gong with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Classroom Yoga Classroom
WED	8:30-9:30 am 5:00 -6:00 pm	"Celebrate with Self Care" Gentle Moves & Meditation with Jai Sheridan Vinyasa Flow with Tanmayo	Yoga Classroom Yoga Shala
THURS	8:30-9:30 am 5:00-6:00 pm	Healing with the Elements Meditation with Jai Sheridan Healing with the Elements Yoga with Jai Sheridan	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	Soma Yoga with Eden 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 Conscious Dance with Tamara Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Shala Yoga Shala Yoga Classroom
SUN	8:30-9:30 am 10:00-11:00 am  5:00- 6:00 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)