

# LUMERIA

## Maui

CLASS SCHEDULE: December 30<sup>th</sup>- January 5<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	8:00-9:15 am 5:00 -6:00 pm	Ayurveda Yoga with Annapurna Restore and Nourish Yoga with Jai Sheridan	Yoga Classroom 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	11:15-12:15 pm 4:00-5:00 pm 6:30-7:30 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft	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	8:00-9:00 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)