

LUMERIA

Maui

CLASS SCHEDULE: December 16th- 22nd

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MON	8:00-9:00 am 5:00-6:00 pm	Ageless Yoga with Ruby Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Classroom
TUES	8:00- 9:00 am 6:00- 7:00 pm	Kundalini Yoga & Gong with Amarsharan "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Classroom
WED	8:00-9:15 am 4:00- 4:45 pm 5:00 -6:00 pm 6:30- 8:30 pm	Ayurveda Yoga with Annapurna "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 5:00-6:15 pm	5 Elements of Qi Gong with Courtney Aldor 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	Sound Healing Guided Meditation with Tanmayo 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 *6:30- 8:30 pm*	Kundalini Yoga & Gong with Amarsharan Conscious Dance with Tamara Healing Gentle Yoga for Everyone with Jai Sheridan **Yin Yoga Crystal Magic with Lydee**	Yoga Shala Yoga Shala Yoga Classroom **Yoga Shala**
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)

Additional Charge