

LUMERIA

Maui

CLASS SCHEDULE: Class Schedule January 13th- 19th

MON	8:30-9:30 am 5:00-6:00 pm	"Grounding with the Elements" Yoga & Meditation with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Deck Yoga Deck
TUES	8:00- 9:00 am 4:00- 5:00 pm 5:00- 6:00 pm 6:00- 7:00 pm 6:30- 8:30 pm	Kundalini Yoga & Gong with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin "Hawaiian Culture & Traditions" with Leinaala Poetry in Motion with Ronin	Yoga Deck Yoga Shala Pool Yoga Shala Main Lobby
WED	8:00-9:15 am 5:00 -6:00 pm	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala 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 Classroom Yoga Classroom
FRI	8:45-9:45 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 Classroom Yoga Shala Fire Pits
SAT	8:00- 9:15 am 5:00-6:00 pm	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Classroom 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 Classroom Yoga Classroom Yoga Classroom (Outdoors)