

# LUMERIA

## Maui

CLASS SCHEDULE: January 20<sup>th</sup>- 26<sup>th</sup>

**\*\*Additional Cost\*\***

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Classroom
TUES	8:00- 9:00 am 4:00- 5:00 pm 5:00- 6:00 pm 6:00- 7:00 pm	Guided Meditation and Sound Healing with Tanmayo "Soma Flow" Belly & Yoga Dance Fusion with Eden "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Classroom Pool Yoga Classroom
WED	8:00-9:15 am 5:00 -6:00 pm *6:00- 8:30 pm*	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox **Sound Healing with Nicole St. John**	Yoga Classroom 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	9:00-10:00 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 Shala Yoga Shala Fire Pits
SAT	8:00- 9:15 am 10:00-11:00 am 5:00-6:00 pm	Kundalini Yoga with Annapurna Movement and Meditation with Tamara Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Classroom 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 (Whispering Hammock Forest)