

LUMERIA

Maui

CLASS SCHEDULE: February 17th – 23rd

****Additional Cost****

MON	8:30-9:30 am	"Grounding the Elements" Gentle Moves and Meditation with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Classroom
	5:00-6:00 pm		Yoga Classroom
TUES	8:00- 9:00 am	Kundalini Yoga & Gong with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom
	4:00- 5:00 pm		Yoga Classroom
	6:00- 7:00 pm		Yoga Classroom
WED	8:00-9:15 am	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom
	5:00 -6:00 pm		Yoga Classroom
THURS	8:30- 9:30 am	Compassion, Breath and Movement with Jai Sheridan Yoga, Breath, and Alignment with Danielle	Yoga Classroom
	5:00-6:15 pm		Yoga Classroom
FRI	9:00-10:00 am	Rainbow Energy Healing with Brooke Hawaiian Hula Dance with Leinaala Ukulele Lesson with Dan Craft	Yoga Classroom
	11:15-12:15 pm		Yoga Classroom
	6:30-7:30 pm		Fire Pits
SAT	8:00- 9:15 am	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan **"Sacred Heart" Energy & Sound Healing with Kyla Rose and Megg White**	Yoga Classroom
	5:00-6:00 pm		Yoga Classroom
	6:00- 8:00pm		**Yoga Shala**
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden Sacred Renewal: A Journey to Inner Balance and Calm With Maria	Yoga Shala
	10:00-11:00 am		Yoga Shala
	5:00- 6:00 pm		Yoga Classroom (Outdoors)