

LUMERIA

Maui

CLASS SCHEDULE: March 17th - March 23rd

MON	8:00-9:00 am	"Vinyasa Flow" with Tanmayo	Yoga Classroom
	5:00-6:00 pm	"Guided Meditation with Sound and Movement" with Tanmayo	Yoga Classroom
TUES	8:30- 9:30 am	"Sound Vibration" Yin Yoga and Yoga Nidra with Amarsharan	Yoga Classroom
	4:00- 5:00 pm	"Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom
	5:00- 6:00 pm	"Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin	Pool
	6:00- 7:00 pm	"Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom
WED	8:00-9:15 am	"Ayurveda Yoga" with Annapurna	Yoga Classroom
	5:00 -6:00 pm	"5 Element Moves and Meditation" with Jai Sheridan	Yoga Classroom
THURS	5:00-6:15 pm	"Yoga, Breath, and Alignment" with Danielle	Yoga Classroom
FRI	9:00-10:00 am	"Rainbow Energy Healing" with Brooke	Lobby
	11:15-12:15 pm	"Hawaiian Hula Dance" with Leinaala	Yoga Classroom
	4:00-5:00 pm	"Healing Breathwork" with Sarah Rothman	Yoga Classroom
	6:30-7:30 pm	"Ukulele Lesson" with Dan Craft	Fire Pits
SAT	8:30- 9:45 am	"Kundalini Yoga & Gong" with Amarsharan	Hammocks
	5:00-6:00 pm	"Healing Gentle Yoga for Everyone" with Jai Sheridan	Yoga Classroom
SUN	8:30-9:30 am	"Soul Journey Meditation" with Jai Sheridan	Lobby
	10:00-11:00 am	"Soma Yoga" with Eden	Yoga Classroom
	5:00- 6:00 pm	"Sacred Renewal: A Journey to Inner Balance and Calm" With Maria	Yoga Classroom (Outdoors)