

LUMERIA

Maui

CLASS SCHEDULE: March 3rd – March 9th 2025

MON	8:30-9:30 am 5:00-6:00 pm	“Grounding the Elements” Gentle Moves and Meditation with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Shala
TUES	8:30- 9:30 am 4:00- 5:00 pm 6:00- 7:00 pm	“Sound Vibration” Yin Yoga and Yoga Nidra with Amarsharan “Soma Flow” Belly & Yoga Dance Fusion with Eden "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Classroom Yoga Classroom
WED	8:00-9:15 am 5:00 -6:00 pm	Ayurveda Yoga with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom Yoga Classroom
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	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	8:30- 9:45 am 5:00-6:00 pm	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Shala Yoga Classroom
SUN	8:30-9:30 am 10:00-11:00 am 1:45-2:45 pm 6:30-8:30pm	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden Sacred Renewal: A Journey to Inner Balance and Calm With Maria Poetic Justice with Ronin	Yoga Shala Yoga Shala Yoga Classroom (Outdoors) Main Lobby