

# LUMERIA

## Maui

CLASS SCHEDULE: March 24<sup>th</sup> – March 30<sup>th</sup>

**\*Additional Cost\***

MON	5:00-6:00 pm	"Tap Your Star Magic" Guided Meditation with Jai	Yoga Classroom
TUES	4:00- 5:00 pm 5:00- 6:00 pm 6:00- 7:00 pm 6:30-8:30 pm	"Soma Flow" Belly & Yoga Dance Fusion with Eden "Path to Peace" Pool & Hot Tub Yoga Sound Bath with Ronin "Hawaiian Culture & Traditions" with Leinaala Poetic Justice with Ronin	Yoga Classroom Pool Yoga Classroom Main Lobby
WED	5:00 -6:00 pm 6:30-8:30 pm	"5 Element Moves and Meditation" with Jai Poetic Justice with Ronin	Yoga Classroom Main Lobby
THURS	5:00-6:15 pm	Yoga, Breath, and Alignment with Danielle	Yoga Classroom
FRI	4:00-5:00 pm 6:30-7:30 pm	Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft	Yoga Classroom 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 5:00- 6:00 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 *Sound Bath with Nicole St. John*	Yoga Shala Yoga Shala Yoga Classroom (Outdoors) *Yoga Shala*