

LUMERIA

Maui

CLASS SCHEDULE: May 12th – May 18th

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| MON | 8:30-9:30 am 5:00-6:00 pm | Yoga, Breath and Alignment with Danielle Crystal Bowl Meditation with Rose | Yoga Shala Yoga Shala |
| TUES | 8:30- 9:30 am 4:00- 5:00 pm 5:00- 6:00 pm 6:00- 7:00 pm | "Sound Vibration" Yin Yoga and Yoga Nidra with Amarsharan "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 | "Yoga for the Chakras" 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 Classroom Fire Pits |
| SAT | 8:30- 9:45 am 10:00-11:00 am 5:00-6:00 pm | Kundalini Yoga & Gong with Amarsharan Conscious Dance with Tamara Healing Gentle Yoga for Everyone with Jai Sheridan | Yoga Classroom Yoga Shala 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 Shala Yoga Classroom (Outdoors) |