

LUMERIA

Maui

CLASS SCHEDULE: May 19th – May 25th

MON	8:30-9:30 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo 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 6:30- 8:30 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 Poetic Justice with Ronin	Yoga Classroom Yoga Classroom Pool Yoga Classroom Main Lobby
WED	8:30-9:30 am 5:00 -6:00 pm	"Ayurveda Yoga, Gentle Practice" with Jai Sheridan Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom Yoga Shala
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 Shala Yoga Shala
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 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 Shala Yoga Shala Yoga Classroom
SUN	8:30-9:30 am 10:00-11:00 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala Yoga Shala