

LUMERIA

Maui

CLASS SCHEDULE: May 26th – June 1st

Additional Fee

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	"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	Yoga Classroom Yoga Classroom Pool
WED	8:30-9:30 am 5:00 -6:00 pm 6:00- 7:00 pm	"Ayurveda Yoga, Gentle Practice" with Jai Sheridan "Spirit Flow Yoga & Chakra Toning" with Arlene Fox "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Shala 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 Shala Yoga Shala
FRI	9:00-10:00 am 11:15-12:15 pm 4:00-5:00 pm 6:30-7:30 pm *6:00-8:00 pm*	"Meditative Yoga Flow" with Tanmayo "Hawaiian Hula Dance" with Leinaala Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft *Sound Healing with Giuliano*	Yoga Classroom Yoga Shala Yoga Shala Fire Pits *Yoga Shala*
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 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 Shala Yoga Shala Yoga Classroom (Outdoors)