

LUMERIA

Maui

CLASS SCHEDULE: May 5th – May 11th

Additional Fee

MON	8:30-9:30 am 5:00-6:00 pm	"Gentle Flow Yoga" with Jai Sheridan "Crystal Bowl Meditation" with Rose	Yoga Classroom Yoga Classroom
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 6:30- 8:30 pm	"Yoga for the Chakras" with Annapurna "Spirit Flow Yoga & Chakra Toning" with Arlene Fox "Poetic Justice" with Ronin	Yoga Classroom Yoga Shala Main Lobby
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	"Rainbow Energy Healing" with Brooke "Hawaiian Hula Dance" with Leinaala Healing Breathwork with Sarah Rothman	Yoga Classroom Yoga Shala Yoga Shala
SAT	8:30- 9:45 am 10:00-11:00 am 5:00-6:00 pm *6:30-8:30 pm*	Kundalini Yoga & Gong with Amarsharan Conscious Dance with Tamara "Healing Gentle Yoga for Everyone" with Jai Sheridan *Yin Yoga Crystal Magic with Aunty Lydee*	Yoga Shala Yoga Shala Yoga Classroom *Yoga Shala*
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)