

# LUMERIA

## Maui

CLASS SCHEDULE: June 16<sup>th</sup> – June 22<sup>nd</sup>

MON	8:30-9:30 am 5:00-6:00 pm	Gentle Flow Flow with Jai Sheridan 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 6:30- 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 Poetic Justice with Ronin	Yoga Classroom Yoga Classroom Pool Main Lobby
WED	8:00-9:15 am 6:00- 7:00 pm	"Yoga for the Chakras" with Annapurna "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom Yoga Classroom
THURS	8:00-9:00 am 5:00-6:15 pm	"Gentle Flow Yoga and Alignment" with Tanmayo Yoga, Breath, and Alignment with Danielle	Yoga Shala Yoga Shala
FRI	11:15-12:15 pm 6:30-7:30 pm	Hawaiian Hula Dance with Leinaala Ukulele Lesson with Dan Craft	Yoga Shala 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 Shala
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