

# LUMERIA

## Maui

CLASS SCHEDULE: June 30<sup>th</sup> – July 6<sup>th</sup>

MON	5:00-6:00 pm	Crystal Bowl Meditation with Rose	Yoga Shala
TUES	8:30- 9:30 am	"Sound Vibration" Yin Yoga and Yoga Nidra with Amarsharan	Yoga Classroom
	4:00- 5:00 pm	"Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom
WED	8:00-9:15 am	"Yoga for the Chakras" with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox "Hawaiian Culture & Traditions" with Leinaala	Yoga Classroom
	5:00 -6:00 pm		Yoga Shala
	6:00- 7:00 pm		Yoga Classroom
THURS	5:00-6:15 pm	Yoga, Breath, and Alignment with Danielle	Yoga Shala
FRI	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Shala
SAT	8:30- 9:45 am	Kundalini Yoga & Gong with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Shala
	5:00-6:00 pm		Yoga Classroom
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala
	10:00-11:00 am		Yoga Shala