

LUMERIA

Maui

CLASS SCHEDULE: July 21st -27th

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 *7:00- 9:00 pm*	“Sound Vibration” Yin Yoga and Yoga Nidra with Amarsharan “Soma Flow” Belly & Yoga Dance Fusion with Eden *Surrender to Sound with Nicole*	Yoga Classroom Yoga Classroom *Yoga Shala*
WED	8:30- 9:30 am 5:00- 6:00 pm 6:00- 7:00 pm	Yoga for the Chakras with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox Hawaiian Culture & Traditions with Leinaala	Yoga Classroom Yoga Shala Yoga Classroom
THURS	5:00-6:00 pm 5:30- 6:30 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox Ukulele Lesson with Dan Craft	Yoga Shala Fire Pits
FRI	11:15-12:15 pm 4:00-5:00 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman	Yoga Shala 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	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Shala Yoga Shala