

# LUMERIA

## Maui

CLASS SCHEDULE: July 7<sup>th</sup> – 13<sup>th</sup>

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	"Sound Vibration" Yin Yoga and Yoga Nidra with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom Yoga Classroom
WED	8:00- 9:15 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 Classroom Yoga Classroom
THURS	5:00-6:15 pm 5:30- 6:30 pm	Yoga, Breath, and Alignment with Danielle Ukulele Lesson with Dan Craft	Yoga Classroom Fire Pits
FRI	4:00- 5:00pm	Meditative Yoga Flow with Tanmayo	Yoga Classroom
SAT	8:30- 9:45 am 5:00-6:00 pm	Kundalini Yoga & Gong with Amarsharan Gentle Yoga with Annapurna	Yoga Classroom Yoga Classroom
SUN	8:30-9:30 am 10:00-11:00 am	"Sound Vibration" Yin Yoga and Yoga Nidra with Amarsharan Soma Yoga with Eden	Yoga Classroom Yoga Classroom