

# LUMERIA

## Maui

CLASS SCHEDULE: August 11<sup>th</sup>- 17<sup>th</sup>

MON	8:30- 9:30 am 5:00- 6:00 pm	Healing Gentle Yoga for Everyone with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Shala Yoga Shala
TUES	8:30- 9:30 am 4:00- 5:00 pm 6:30- 8:30pm	Kundalini Yoga of Awareness with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden Poetic Justice with Ronin	Yoga Classroom Yoga Classroom Main Lobby
WED	8:30- 9:30 am 5:00- 6:00 pm 6:00- 7:00 pm	Healing Gentle Yoga for Everyone with Jai Sheridan Spirit Flow Yoga & Chakra Toning with Arlene Fox "Hawaiian Culture & Traditions" with Leinaala	Yoga Shala Yoga Shala 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 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 5:00-6:00 pm	Kundalini Yoga of Awareness with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan	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