

# LUMERIA

## Maui

CLASS SCHEDULE: August 4<sup>th</sup>- 10<sup>th</sup>

MON	8:30- 9:30 am 5:00- 6:00 pm	Gentle Flow with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Shala
TUES	8:30- 9:30 am 4:00- 5:00 pm	Kundalini Yoga of Awareness with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom Yoga Classroom
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	5:30- 6:30 pm	Ukulele Lesson with Dan Craft	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			
SUN			