

LUMERIA

Maui

CLASS SCHEDULE: September 1st – 7th

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 *5:00- 7:00 pm*	Kundalini Yoga of Awareness with Amarsharan “Soma Flow” Belly & Yoga Dance Fusion with Eden *Shakti Flow-Breathwork and Kundalini with Sarah Rothman*	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	5:00-6:15 pm 6:00- 7:00 pm *7:00- 9:00 pm*	Yoga, Breath, and Alignment with Danielle Ukulele Lesson with Dan Craft *Surrender to Sound with Nicole St John*	Yoga Classroom Fire Pits *Yoga Shala*
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 of Awareness 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