

# LUMERIA

## Maui

CLASS SCHEDULE: September 8<sup>th</sup> – 14<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 Shala 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	“Yoga for the Chakras” with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox Lei making & Culture with Leinaala	Yoga Classroom Yoga Shala Yoga Classroom
THURS	5:00-6:15 pm 6:00- 7:00 pm	Yoga, Breath, and Alignment with Danielle Ukulele Lesson with Dan Craft	Yoga Shala Fire Pits
FRI	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	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