

LUMERIA

Maui

CLASS SCHEDULE: September 15th – 21st

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	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	“Yoga for the Chakras” with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom Yoga Shala
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	8:30- 9:30am 11:15-12:15 pm	Vinyasa Flow with Tanmayo Hawaiian Hula Dance with Leinaala	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