

LUMERIA

Maui

CLASS SCHEDULE: October 27th – November 2nd

MON	8:30- 9:30 am 5:00- 6:00 pm	Gentle Flow Yoga with Jai Sheridan Crystal Bowl Meditation with Rose	Yoga Shala Yoga Shala
TUES	4:00- 5:00 pm	“Soma Flow” Belly & Yoga Dance Fusion with Eden	Yoga Classroom
WED	8:30- 9:30 am 5:00- 6:00 pm 6:00- 7:00 pm	“Yoga for the Chakras” with Jai Sheridan 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 4:00-5:00 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman	Yoga Classroom Yoga Classroom
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 Classroom Yoga Classroom
SUN	8:30-9:30 am 10:00-11:00 am	Soul Journey Meditation with Jai Sheridan Soma Yoga with Eden	Yoga Classroom Yoga Classroom