

# LUMERIA

## Maui

CLASS SCHEDULE: October 27<sup>th</sup> – November 2<sup>nd</sup>

|       |                                                 |                                                                                                                                    |                                                |
|-------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| MON   | 8:30- 9:30 am<br>5:00- 6:00 pm                  | Gentle Flow Yoga with Jai Sheridan<br>Crystal Bowl Meditation with Rose                                                            | Yoga Shala<br>Yoga Shala                       |
| TUES  | 4:00- 5:00 pm                                   | “Soma Flow” Belly & Yoga Dance Fusion with Eden                                                                                    | Yoga Classroom                                 |
| WED   | 8:30- 9:30 am<br>5:00- 6:00 pm<br>6:00- 7:00 pm | “Yoga for the Chakras” with Jai Sheridan<br>Spirit Flow Yoga & Chakra Toning with Arlene Fox<br>Lei making & Culture with Leinaala | Yoga Classroom<br>Yoga Shala<br>Yoga Classroom |
| THURS | 5:00-6:15 pm<br>6:00- 7:00 pm                   | Yoga, Breath, and Alignment with Danielle<br>Ukulele Lesson with Dan Craft                                                         | Yoga Classroom<br>Fire Pits                    |
| FRI   | 11:15-12:15 pm<br>4:00-5:00 pm                  | Hawaiian Hula Dance with Leinaala<br>Healing Breathwork with Sarah Rothman                                                         | Yoga Classroom<br>Yoga Classroom               |
| SAT   | 8:30- 9:45 am<br>5:00-6:00 pm                   | Kundalini Yoga of Awareness with Amarsharan<br>Healing Gentle Yoga for Everyone with Jai Sheridan                                  | Yoga Classroom<br>Yoga Classroom               |
| SUN   | 8:30-9:30 am<br>10:00-11:00 am                  | Soul Journey Meditation with Jai Sheridan<br>Soma Yoga with Eden                                                                   | Yoga Classroom<br>Yoga Classroom               |