

# LUMERIA

## Maui

CLASS SCHEDULE: Dec 28-Jan 04, 2026

MON	8:00-9:00 am 5:00-6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Shala Yoga Shala
TUES	8:00- 9:00 am 4:00- 5:00 pm	Kundalini Yoga & Gong with Amarsharan "Soma Flow" Belly & Yoga Dance Fusion with Eden	Yoga Classroom Yoga Classroom
WED	8:00-9:15 am 5:00 -6:00 pm 6:00-7:00 pm	"Yoga for the Chakras" with Annapurna Spirit Flow Yoga & Chakra Toning with Jai Sheridan 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 Shala Yoga Shala
SAT	8:30- 9:45 am 5:00-6:00 pm **6:00-8:00 pm	Kundalini Yoga of Awareness with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan **Sacred Heart Sound Healing with Megan and Kyla**	Yoga Shala Yoga Classroom Yoga Shala**
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

**\*\* Additional fee in order to participate\*\***