

# LUMERIA

## Maui

CLASS SCHEDULE: January 26<sup>th</sup> – February 1<sup>st</sup>

**\*Additional Fee\***

MON	8:30- 9:30 am 5:00- 6:00 pm	Vinyasa Flow with Tanmayo Crystal Bowl Meditation with Rose	Yoga Classroom Yoga Classroom
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 6:30- 8:30 pm	“Yoga for the Chakras” with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox Lei making & Culture with Leinaala Poetic Justice with Ronin	Yoga Classroom Yoga Classroom Yoga Classroom Main Lobby
THURS	8:30- 9:30 am	“Triple Yoga” Kundalini, Yin, and Yoga Nidra with Amarsharan	Yoga Classroom
FRI	10:30- 11:30 am 6:00- 7:00 pm	Path to Peace with Ronin Ukulele Lesson with Dan Craft	Yoga Shala Fire Pits
SAT	8:30- 9:45 am 5:00-6:00 pm <b>*6:30- 8:30 pm*</b>	Kundalini Yoga of Awareness with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan <b>*Sound Bath with Nicole St. John*</b>	Yoga Shala Yoga Classroom <b>*Yoga Shala*</b>
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