

# LUMERIA

## Maui

CLASS SCHEDULE: February 16<sup>th</sup> – 22<sup>nd</sup>

MON	8:30- 9:30 am	Gentle Flow with Sheridan	Yoga Classroom
	6:00- 7:00 pm	A Hawaiian Cultural Experience: Hawaiian Ways of Life with Leinaala	Main Lobby
TUES	8:30- 9:30 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Classroom
	4:00- 5:00 pm	“Soma Flow” Belly & Yoga Dance Fusion with Eden	Yoga Classroom
WED	8:30- 9:30 am	8 Chakra Set with Amarsharan	Yoga Classroom
	5:00- 6:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Classroom
	6:00- 7:00 pm	Lei making & Culture with Leinaala	Yoga Classroom
THURS	8:30- 9:30 am	“Triple Yoga” Kundalini, Yin, and Yoga Nidra with Amarsharan	Yoga Classroom
FRI	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Classroom
	4:00-5:00 pm	Healing Breathwork with Sarah Rothman	Yoga Classroom
	6:00- 7:00 pm	Ukulele Lesson with Dan Craft	Fire Pits
SAT	8:30- 9:45 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Classroom
	5:00-6:00 pm	Healing Gentle Yoga for Everyone with Jai Sheridan	Yoga Classroom
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Classroom
	10:00-11:00 am	Soma Yoga with Eden	Yoga Classroom