

LUMERIA

Maui

CLASS SCHEDULE: February 9th – 15th

MON	8:30- 9:30 am	Gentle Flow with Sheridan	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	8 Chakra Set with Amarsharan Spirit Flow Yoga & Chakra Toning with Arlene Fox Lei making & Culture with Leinaala	Yoga Classroom Yoga Shala 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 4:00-5:00 pm 6:00- 7:00 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft	Yoga Classroom Yoga Shala Fire Pits
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