

LUMERIA

Maui

CLASS SCHEDULE: March 16th – 22nd

Additional Fee

MON	8:30- 9:30 am 6:00- 7:00 pm	Vinyasa Flow with Tanmayo A Hawaiian Cultural Experience: Hawaiian Ways of Life with Leinaala	Yoga Shala Main Lobby
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	"Yoga for the Chakras" with Annapurna Spirit Flow Yoga & Chakra Toning with Arlene Fox Lei making & Culture with Leinaala	Yoga Classroom Yoga Classroom Yoga Classroom
THURS	8:30- 9:30 am 5:00- 6:00 pm	"Triple Yoga" Kundalini, Yin, and Yoga Nidra with Amarsharan "Energy Wisdom" Deepen Your Ground, Free Your Expansive Nature with Jai Sheridan	Yoga Classroom Yoga Classroom
FRI	11:15-12:15 pm 6:00- 7:00 pm	Hawaiian Hula Dance with Leinaala Ukulele Lesson with Dan Craft	Yoga Shala Fire Pits
SAT	8:30- 9:45 am 5:00-6:00 pm *6:30- 8:30 pm*	Kundalini Yoga of Awareness with Amarsharan Healing Gentle Yoga for Everyone with Jai Sheridan *Yin Yoga Crystal Magic with Lydee*	Yoga Shala Yoga Classroom *Yoga Shala*
SUN	8:30-9:30 am *6:30- 8:00 pm*	Soul Journey Meditation with Jai Sheridan *Sound Healing with Nicole St. John*	Yoga Classroom *Yoga Shala*