

LUMERIA

Maui

CLASS SCHEDULE: March 2nd – 8th

MON	8:30- 9:30 am 6:00- 7:00 pm	Gentle Flow with Sheridan 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 Shala Yoga Classroom
THURS	8:30- 9:30 am	“Triple Yoga” Kundalini, Yin, and Yoga Nidra with Amarsharan	Yoga Shala
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 Shala 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 Shala Yoga Shala
SUN		No Classes March 8 th - 15 th	