

LUMERIA

Maui

CLASS SCHEDULE: May 18th - 24th

MON	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 Shala
WED	5:00- 6:00 pm 6:00- 7:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox Lei making & Culture with Leinaala	Yoga Shala Main Lobby
THURS	8:30- 9:30 am	“Triple Yoga” Kundalini, Yin, and Yoga Nidra with Amarsharan	Yoga Shala
FRI	4:00-5:00 pm 6:00- 7:00 pm	Healing Breathwork with Sarah Rothman Ukulele Lesson with Dan Craft	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 Classroom
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