

# LUMERIA

## Maui

CLASS SCHEDULE: June 1<sup>st</sup> – 7<sup>th</sup>

MON	5:00- 6:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
TUES	8:30- 9:30 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Classroom
WED	8:30- 9:30 am	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
THURS	4:30- 5:30 pm 6:00- 7:00 pm	Kundalini Yoga Plus Sounds with Amarsharan Ukulele Lesson with Dan Craft	Yoga Classroom Fire Pits
FRI	4:00-5:00 pm	Healing Breathwork with Sarah Rothman	Yoga Shala
SAT	8:30- 9:45 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Shala
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