

# LUMERIA

## Maui

CLASS SCHEDULE: June 22<sup>nd</sup> – 28<sup>th</sup>

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 Classroom
WED	8:30- 9:30 am 6:00- 7:00 pm	Healing Gentle Yoga for Everyone with Jai Sheridan Lei making & Culture with Leinaala	Yoga Classroom Yoga Classroom
THURS	4:30- 5:30 pm	Kundalini Yoga Plus & Sound with Amarsharan	Yoga Shala
FRI	11:15-12:15 pm 4:00-5:00 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman	Yoga Shala Yoga Shala
SAT	4:00- 5:00 pm	Kundalini Yoga of Awareness with Amarsharan	Yoga Shala
SUN	8:30-9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Shala