

LUMERIA

Maui

CLASS SCHEDULE: August 10th – 16th

Additional Fee

MON		No Classes	
TUES	8:30- 9:30 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Classroom
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 Yoga Classroom
THURS	4:30- 5:30 pm 6:00- 7:00 pm *7:00- 8:30 pm*	Kundalini Yoga Plus & Sound with Amarsharan Ukulele Lesson with Dan Craft *Sound Healing with Nicole St John*	Yoga Classroom Fire Pits *Yoga Shala*
FRI	11:15-12:15 pm 4:00-5:00 pm	Hawaiian Hula Dance with Leinaala Healing Breathwork with Sarah Rothman	Yoga Classroom Yoga Shala
SAT	8:30- 9:45 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Classroom
SUN	8:30- 9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Shala