

LUMERIA

Maui

CLASS SCHEDULE: October 5th – 11th

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	8:00- 9:00 am	Spirit Flow Yoga & Chakra with Arlene	Yoga Classroom
	6:00- 7:00 pm	Lei making & Culture with Leinaala	Main Lobby
THURS	4:30- 5:30 pm	“Triple Yoga” Yin, Kundalini & Nidra with Amarsharan	Yoga Classroom
	6:00- 7:00 pm	Ukulele Lesson with Dan Craft	Fire Pits
FRI	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Classroom
	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	Soul Journey Meditation with Jai Sheridan	Yoga Shala