

LUMERIA

Maui

CLASS SCHEDULE: October 26th – November 1st

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	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
THURS	4:30- 5:30 pm	“Triple Yoga” Kundalini, Yin & 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
	6:30- 8:30 pm	*Yin Yoga, Sound Healing with Lydee*	*Yoga Shala*
SUN	8:30- 9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Shala