LUMERIA

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CLASS SCHEDULE: November 2nd – 8th

MON		No Classes	
TUES	8:30- 9:30 am	Kundalini Yoga of Awareness with Amarsharan	Yoga Shala
WED	5:00- 6:00 pm	Spirit Flow Yoga & Chakra Toning with Arlene Fox	Yoga Shala
THURS	4:30- 5:30 pm 6:00- 7:00 pm	"Triple Yoga" Kundalini, Yin & Nidra with Amarsharan Ukulele Lesson with Dan Craft	Yoga Shala Fire Pits
FRI	11:15-12:15 pm	Hawaiian Hula Dance with Leinaala	Yoga Classroom
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