LUMERIA
Maui

CLASS SCHEDULE: November 9th – 15th

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 ***7:00- 9:00 pm***	Spirit Flow Yoga & Chakra Toning with Arlene Fox ***Egyptian Yoga & Mystical Sound Healing with Heather and Donny Regal***	Yoga Classroom ***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 Classroom Fire Pits
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 Shala
SUN	8:30- 9:30 am	Soul Journey Meditation with Jai Sheridan	Yoga Shala