

PSLU Committee

From: Reservations Lumeria Maui <reservations@lumeriamauui.com>
Sent: Tuesday, January 25, 2022 6:24 PM
To: PSLU Committee
Subject: Lumeria Class Schedule and Map
Attachments: Lumeria Maui Retreat Center Property Map.png; Weekly Class Schedule 1.24.22-1.30.22 (002).docx

You don't often get email from reservations@lumeriamauui.com. [Learn why this is important](#)

Aloha,

Please find the weekly class schedule and property map for Lumeria Maui attached.

Mahalo,
Lumeria Maui

LUMERIA

Maui

CLASS SCHEDULE 1/24 – 1/30

MON 24th	8:00a-9:00a 3:30p-4:30p 5:00p-6:00p	Yoga Flow with Tanmayo Learning to Harness Your Intuition with Akashic Records with Joy Crystal Bowl Meditation with Rose	Meditation Lawn Meditation Lawn Meditation Lawn
TUE 25th	8:00a-9:00a 10:00a-11:15a 10:30a-11:30a 10:45a-11:45a 11:00a-12:00p 3:00p-4:00p 5:00p-6:30p	Kundalini and Yin Yoga Fusion with Amarsharan Embody Keys with Sean Hawaiian Ukulele with Olulua Culture of Tea Ceremony with Myra Five Elements Qi Gong with Courtney Alex Aldor Learning Local Lacto-Fermentation with Andrew Sound Healing Ceremony with Giuliano	Meditation Lawn Central Courtyard Fit Pits Meditation Lawn Reception Lawn Front Lanai Meditation Lawn
WED 26th	8:00a-9:00a 11:00a-1:00p 5:00p-6:00p 6:30p-7:30p	Yoga for the Chakras with Annapurna Horticulture: 5 Major Diseases of Vegetables that Every Home Gardener Should Know with Anne Yoga and Meditation with Arlene Fox Ayurveda 101 with Arlene Fox	Meditation Lawn Lobby Meditation Lawn Lobby
THURS 27th	8:00a-9:00a 9:15a-10:00a 2:00p-2:50p 5:00p-6:15p	Five Elements Qi Gong with Courtney Alex Aldor Taoist Breathwork for Emotional Well-Being with Courtney Alex Aldor Learn Jewelry Making with Kortni Yoga for Beginners and the Flexibility Challenged with Danielle	Meditation Lawn Meditation Lawn Front Lanai Meditation Lawn
FRI 28th	8:00a-9:00a 10:00a-11:00a 3:00p-4:00p 5:00p-6:15p	Qi Gong with Deborah Dove Papa 'Olelo Hawaiian Language with Leinaala Culture of Tea Ceremony with Myra Five Elements Qi Gong with Courtney Alex Aldor	Meditation Lawn Meditation Lawn Meditation Lawn Meditation Lawn
SAT 29th	8:00a-9:00a 9:30a-10:30a 5:00p-6:00p	Kundalini Yoga with Amarsharan Self Care Saturday with Courtney Healing Gentle Yoga for Everyone with Sheridan	Meditation Lawn Meditation Lawn Meditation Lawn
SUN 30th	8:00a-9:15a 5:00p-6:00p	Movement Alchemy with Allisa Astrology 101 with Cameron	Meditation Lawn Meditation Lawn

