



Desa Seni
a village resort

Desa Seni, A Village Resort February 2017 YOGA & HAPPENINGS

Desa Seni, A Village Resort
Jl. Subak Sari # 13 Pantai Berawa, Canggu
Tel. 844 6392 info@desaseni.com www.desaseni.com

Monday Jan 30	Tuesday Jan 31	Wednesday Feb 1	Thursday Feb 2	Friday Feb 3	Saturday Feb 4	Sunday Feb 5
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Antonio 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Antonio 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	5:00am Sadhana - Daphna (CE) 7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Diaz 12:00pm FlyHighYoga* - Angela 4:00pm Creative Flow - Diaz 6:00pm Sunset Flow - Antonio 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Daphna 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Vinyasa Yoga - Diaz 6:00pm Sunset Flow - Diaz	7:15 am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Antonio 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Yin Restorative - Antonio	7:15am Sunrise Hatha Yoga Beginners - Antonio 9:00am Hatha Yoga - Antonio (L2) 10:15am Hatha Yoga - Diaz 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Foundation of Yoga - Earth
Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Daphna 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Antonio 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Diaz 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Antonio 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 12:00pm FlyHighYoga* - Jessica 4:00pm Creative Flow - Diaz 6:00pm Sunset Flow - Antonio 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Vinyasa Yoga - Diaz 6:00pm Sunset Flow - Carlotta	7:15 am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Yin Restorative - Antonio 7:30pm Full Moon	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Hatha Yoga - Carlotta (L2) 10:15am Hatha Yoga - Antonio 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Diaz 12:00pm Venus Kriya Meditation - Daphna 4:00pm Hatha Beginners Yoga - Antonio 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation The Reckless Heart	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 12:00pm FlyHighYoga* - Jessica 4:00pm Creative Flow - Diaz 6:00pm Sunset Flow - Antonio 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Vinyasa Yoga - Diaz 6:00pm Sunset Flow - Carlotta	7:15 am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Yin Restorative - Antonio	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Hatha Yoga - Carlotta (L2) 10:15am Hatha Yoga - Antonio 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Diaz 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Antonio 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 12:00pm FlyHighYoga* - Jessica 4:00pm Creative Flow - Diaz 6:00pm Sunset Flow - Antonio 7:30pm 11th Step NA Meeting (CE) Kundalini Rebirthing	7:15am Sunrise Hatha - Carlotta 8:30am Dynamic Hatha - Bernd 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Vinyasa Yoga - Diaz 6:00pm Sunset Flow - Carlotta Kundalini Rebirthing	7:15 am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz Kundalini Rebirthing	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Bernd 10:15am Vinyasa Flow - Bernd (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Yin Restorative - Antonio Kundalini Rebirthing	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Hatha Yoga - Carlotta (L2) 10:15am Hatha Yoga - Antonio 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Diaz 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Antonio 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 12:00pm FlyHighYoga* - Jessica 4:00pm Creative Flow - Diaz 6:00pm Sunset Flow - Antonio 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Vinyasa Yoga - Diaz 6:00pm Sunset Flow - Carlotta	7:15 am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Yin Restorative - Antonio	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Hatha Yoga - Carlotta (L2) 10:15am Hatha Yoga - Antonio 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Foundation of Yoga - Water

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For up to date information on events, times, dates and details, go to: www.desaseni.com/events-3

Classes without level specification are open to all. Our experienced teachers will offer variations for all levels of practice.

Hatha Yoga Beginner: This class is for people beginning their yoga journey

Level 2: A dynamic class suited for intermediate practitioners

Level 2-3: A dynamic class suited for experienced practitioners

(CE) Community Event: Donation basis, Everyone Welcome!

*FlyHighYoga is limited to 20 students per class, Please register in advance to secure your spot

All classes Rp. 140.000 per class, Kids Rp. 60.000 (10-17 Years old) per class. Rp. 100.000 for Indonesian Citizens

Rp. 1.200.000 for 12 class pass, or Rp. 700.000 for 6 class pass.

If you are interested in a Private Yoga Class, please call: 0361-8446392, or write to info@desaseni.com

