



Desa Seni, A Village Resort

March 2017 YOGA & HAPPENINGS

Desa Seni, A Village Resort
 Jl. Subak Sari # 13 Pantai Berawa, Canggu
 Tel. 844 6392 - 844 6394
 info@desaseni.com - www.desaseni.com

Monday Feb 27	Tuesday Feb 28	Wednesday Mar 1	Thursday Mar 2	Friday Mar 3	Saturday Mar 4	Sunday 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	7:15am 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 Sunset Flow - Antonio	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Antonio 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Foundations of Yoga - Water - Bernd	
Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	
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Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	
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Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	
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 - Carlotta 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	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 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 - 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	7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Angela (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 Sunset Flow - Antonio Yin Prana Flow - Antonio	7:15am Sunrise Hatha Yoga Beginners - Carlotta 9:00am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)	
Mar 27	Mar 28	Mar 29	Mar 30	Mar 31			
7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Antonio 4:00pm Yin Restorative - Angela 5:30pm Join us for Ogoh Ogoh Parade (CE) 6:00pm Sunset Flow - Bernd	Nyepi, Saka New Year 1939		7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Antonio 10:15am Vinyasa Flow - Carlotta 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 - 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	7:15am Sunrise Hatha - Antonio 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Antonio 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz		

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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 0361-8446394, or write to info@desaseni.com

