



Desa Seni
a village resort

Desa Seni, A Village Resort April 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 Mar 27	Tuesday Mar 28	Wednesday Mar 29	Thursday Mar 30	Friday Mar 31	Saturday Apr 1	Sunday Apr 2
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 - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 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 Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 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 - Jessica	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Apr 3	Apr 4	Apr 5	Apr 6	Apr 7	Apr 8	Apr 9
7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Bernd 6:00pm Yin Restorative - Bernd 7:15pm Bali Usada Meditation The Art of Sequencing - Carlotta	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 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 Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 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 - Jessica	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Magic of Tantra - Bernd & Angela
Apr 10	Apr 11	Apr 12	Apr 13	Apr 14	Apr 15	Apr 16
7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Diaz The Magic of Tantra - Bernd & Angela	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 12:00pm Pranayama & Meditation - Daphna 4:00pm Hatha Beginners Yoga - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation 7:30pm Full Moon The Magic of Tantra - Bernd & Angela	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Diaz 4:00pm FlyHighYoga* - Prittha 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) The Magic of Tantra - Bernd & Angela	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta The Magic of Tantra - Bernd & Angela	7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz The Magic of Tantra - Bernd & Angela	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 - Jessica The Magic of Tantra Bernd&Angela Kundalini Teacher Training	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Magic of Tantra - Bernd & Angela Kundalini Teacher Training
Apr 17	Apr 18	Apr 19	Apr 20	Apr 21	Apr 22	Apr 23
7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd Kundalini Teacher Training	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Bernd 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation Kundalini Teacher Training	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) Kundalini Teacher Training	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta Kundalini Teacher Training	7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz Kundalini Teacher Training	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 - Jessica Kundalini Teacher Training	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Kundalini Teacher Training
Apr 24	Apr 25	Apr 26	Apr 27	Apr 28	Apr 29	Apr 30
7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Diaz Kundalini Teacher Training	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 12:00pm Pranayama & Meditation - Daphna 4:00pm Hatha Beginners Yoga - Carlotta 6:00pm Sunset Flow - Carlotta 7:15pm Bali Usada Meditation Kundalini Teacher Training	7:15am Sunrise Hatha - Carlotta 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Angela 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) Kundalini Teacher Training	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Carlotta (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta Kundalini Teacher Training	7:15am Sunrise Pranayama Meditation - Angela 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz Kundalini Teacher Training	7:15am Sunrise Hatha - Daphna 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Angela (L2) 4:00pm FlyHigh Yoga - Jessica 6:00pm Sunset Flow - Jessica Kundalini Teacher Training	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Kundalini Teacher Training

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- youtube.com/user/desaseni1

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 write to info@desaseni.com

