



Desa Seni, A Village Resort

May 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 May 1	Tuesday May 2	Wednesday May 3	Thursday May 4	Friday May 5	Saturday May 6	Sunday May 7
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	4:30am Sadhana - Daphna (CE) 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 - Diaz (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
May 8	May 9	May 10	May 11	May 12	May 13	May 14
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 - Angela 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 7:30pm Full Moon Celebration - Kevin Yee Chan 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 Awakening Life Energy - Angela	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Bernd 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Awakening Life Energy - Angela
May 15	May 16	May 17	May 18	May 19	May 20	May 21
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 Yoga In Your Hand - Carlotta	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 - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	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 - Angela 6:00pm Sunset Flow - Bernd	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)
May 22	May 23	May 24	May 25	May 26	May 27	May 28
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 - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	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 - Diaz 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
May 29	May 30	May 31	June 1	June 2	June 3	June 4
7:15am Sunrise Pranayama Meditation - Bernd 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Daphna 6:00pm Sunset Flow - Bernd	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	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 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 - Bernd 8:30am Ashtanga Creative Flow - Bernd (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 - Jose 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Diaz 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Foundation of Yoga Fire - Bernd

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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 write to info@desaseni.com

