



Desa Seni, A Village Resort June 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 29	Tuesday May 30	Wednesday May 31	Thursday June 1	Friday June 2	Saturday June 3	Sunday 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 Dynamic Hatha - 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 7:15pm Bhakti Yin - Kevin Yee - Chan	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
June 5	June 6	June 7	June 8	June 9	June 10	June 11
7:15am Sunrise Vinyasa - Bernd 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Daphna 6:00pm Sunset Flow - Bernd 8:00am The 8 Limbs of Yoga - Daphna	7:15am Sunrise Hatha - Diaz 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 8:00am The 8 Limbs of Yoga - Daphna	5:30am Sadhana - Daphna (CE) 7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) 8:00am The 8 Limbs of Yoga - Daphna	7:15am Sunrise Hatha - Carlotta 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Daphna 4:00pm Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta 7:15pm Bhakti Yin - Kevin Yee - Chan 8:00am The 8 Limbs of Yoga - Daphna	7:15am Sunrise Vinyasa - Bernd 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz 7:30pm Fullmoon Mandala - Stephanie (CE)	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)
June 12	June 13	June 14	June 15	June 16	June 17	June 18
7:15am Sunrise Vinyasa - 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 - Daphna 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 Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Carlotta 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 - Carlotta 6:00pm Sunset Flow - Carlotta 7:15pm Bhakti Yin - Kevin Yee - Chan	7:15am Sunrise Vinyasa - Bernd 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz 10:00am Myofascial Masterclass - James Roll & Release	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)
June 19	June 20	June 21	June 22	June 23	June 24	June 25
7:15am Sunrise Vinyasa - Pritha 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 - Daphna 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 Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Pritha 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 - Carlotta 6:00pm Sunset Flow - Carlotta 7:15pm Bhakti Yin - Kevin Yee - Chan	7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2-L3) 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Daphna Happy 4 The Happy - Carlotta	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 Happy 4 The Happy - Carlotta	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Daphna 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
June 26	June 27	June 28	June 29	June 30	July 1	July 2
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Pritha 4:00pm Yin Restorative - Daphna 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Daphna 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 Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Pritha 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Savitri 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Savitri 4:00pm Gentle Hatha - Carlotta 6:00pm Sunset Flow - Carlotta 7:15pm Bhakti Yin - Kevin Yee - Chan	7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 12:00pm Community Class - Kevin Yee - Chan 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Pritha	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Savitri 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)

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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

