



Desa Seni, A Village Resort

July 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 June 26	Tuesday June 27	Wednesday June 28	Thursday June 29	Friday June 30	Saturday July 1	Sunday 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) 6:00pm FlyHigh Yoga - 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)
July 3	July 4	July 5	July 6	July 7	July 8	July 9
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Bernd 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Savitri 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 - Angela 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 - Pritha 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 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Angela	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Savitri 10:15am Vinyasa Flow - Bernd (L2) 4:00pm When The Breath Dances Summer Series - Kevin Yee - Chan 6:00pm FlyHigh Yoga - 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) 7:30pm Fullmoon Community Event
July 10	July 11	July 12	July 13	July 14	July 15	July 16
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Hatha Yoga - Bernd 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Kevin Yee - Chan 8:30am Kundalini Yoga - Savitri 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 12:00pm Nataraja Flow - Kevin Yee - Chan 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 - Savitri 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Savitri 4:00pm Gentle Hatha - Diaz 6:00pm Sunset Flow - Carlotta 7:15pm Bhakti Yin - Kevin Yee - Chan	7:15am Sunrise Vinyasa - Kevin Yee - Chan 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 - Savitri 10:15am Vinyasa Flow - Bernd (L2) 4:00pm When The Breath Dances Summer Series - Kevin Yee - Chan 6:00pm FlyHigh Yoga - Angela	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) Foundation of Yoga - Air - Bernd
July 17	July 18	July 19	July 20	July 21	July 22	July 23
7:15am Sunrise Vinyasa - Kevin Yee - Chan 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 - Savitri 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 12:00pm Nataraja Flow - Kevin Yee - Chan 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 - Savitri 10:15am Vinyasa Flow Lab - Bernd (L2) 12:00pm Pranayama & Meditation - Savitri 4:00pm Gentle Hatha - Diaz 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 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Savitri 10:15am Vinyasa Flow - Bernd (L2) 4:00pm When The Breath Dances Summer Series - Kevin Yee - Chan 6:00pm FlyHigh Yoga - Jessica Yin & Yang - Carlotta	7:15am Sunrise Hatha Yoga Beginners - Diaz 8:30am Vinyasa Yoga - Angela (L2) 10:15am Hatha Yoga - Angela 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Yin & Yang - Carlotta
July 24	July 25	July 26	July 27	July 28	July 29	July 30
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Hatha Yoga - Diaz 4:00pm Yin Restorative - Kevin Yee - Chan 6:00pm Sunset Flow - Bernd Finding The Inner Power of Love - Angela Field Trip @ Bali Eco Stay	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Diaz 12:00pm Pranayama & Meditation - Bernd 4:00pm Hatha Beginners Yoga - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation Finding The Inner Power of Love - Angela Field Trip @ Bali Eco Stay	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 12:00pm Nataraja Flow - Kevin Yee - Chan 4:00pm FlyHighYoga* - Pritha 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) Finding The Inner Power of Love - Angela Field Trip @ Bali Eco Stay	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 - Kevin Yee - Chan 7:15pm Bhakti Yin - Kevin Yee - Chan Finding The Inner Power of Love - Angela Field Trip @ Bali Eco Stay	7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Kevin Yee - Chan 12:00pm Community Class 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm When The Breath Dances Summer Series - Kevin Yee - Chan 6:00pm FlyHigh Yoga - Jessica	7:15am Sunrise Hatha Yoga Beginners - Diaz 8:30am Vinyasa Yoga - Angela (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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- pinterest.com/DesaSeni
- 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

