



Desa Seni
a village resort

Desa Seni, A Village Resort September 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 Aug 28	Tuesday Aug 29	Wednesday Aug 30	Thursday Aug 31	Friday Sept 1	Saturday Sept 2	Sunday Sept 3
7:15am Sunrise Vinyasa - Kevin Yee - Chan 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Bhakti Flow - Kevin Yee - Chan 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 4:00pm Hatha Beginners Yoga - Diaz 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Angela 10:15am Vinyasa Flow - Bernd 10:15am Elemental Dance - Kevin Yee - Chan 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Hatha - Kevin Yee - Chan 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta	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 4:00pm The Lunar Woman (Women) - Daphna 7:15pm Kirtan Commune - Kevin Yee - Chan Eid al Adha	7:15am Sunrise Hatha - Bernd 8:30am Tantric Breath - Angela 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Discovering The Rainbow Bridge Summer Series - Carlotta 6:00pm FlyHigh Yoga* - Jessica 9:30pm The Lunar Woman (Women Only) - Daphna	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) 9:30am Foundations of Yoga Space - Bernd
Sept 4	Sept 5	Sept 6	Sept 7	Sept 8	Sept 9	Sept 10
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Bhakti Flow - Kevin Yee - Chan 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd 7:15pm Meditation: Anapanasati The Mindfulness of Breathing (CE)	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation International Day of Charity	5:00am Sadhana - Daphna (CE) 7:15am Sunrise Hatha - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 10:15am Elemental Dance - Kevin Yee - Chan 4:00pm FlyHighYoga* - Angela 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) 7:30pm Full Moon	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Vinyasa - Pritha 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 Discovering The Rainbow Bridge Summer Series - Carlotta 6:00pm FlyHigh Yoga* - Jessica	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Kevin Yee - Chan 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sept 11	Sept 12	Sept 13	Sept 14	Sept 15	Sept 16	Sept 17
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Bhakti Flow - Kevin Yee - Chan 4:00pm Yin Restorative - Kevin Yee - Chan 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Carlotta 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 10:15am Elemental Dance - Kevin Yee - Chan 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) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Vinyasa - Pritha 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 - Savitri 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Discovering The Rainbow Bridge Summer Series - Carlotta 6:00pm FlyHigh Yoga* - 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)
Sept 18	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Bhakti Flow - Kevin Yee - Chan 4:00pm Yin Restorative - Kevin Yee - Chan 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Savitri 10:15am Hatha Yoga - Carlotta 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* - Pritha 6:00pm Sunset Flow - Diaz 7:30pm 11th Step NA Meeting (CE) Rosh Hashana (Start)	7:15am Sunrise Hatha - Carlotta 8:30am Kundalini Yoga - Savitri 10:15am Vinyasa Flow Lab - Bernd (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta International Day of Peace	7:15am Sunrise Vinyasa - Pritha 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 - Savitri 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Discovering The Rainbow Bridge Summer Series - Carlotta 6:00pm FlyHigh Yoga* - Jessica	7:15am Sunrise Hatha Yoga Beginners - Carlotta 8:30am Vinyasa Yoga - Carlotta (L2) 10:15am Hatha Yoga - Kevin Yee - Chan 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sept 25	Sept 26	Sept 27	Sept 28	Sept 29	Sept 30	Oct 1
7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Bernd (L2) 10:15am Bhakti Flow - Kevin Yee - Chan 4:00pm Yin Restorative - Kevin Yee - Chan 6:00pm Sunset Flow - Bernd	7:15am Sunrise Hatha - Diaz 8:30am Kundalini Yoga - Savitri 10:15am Hatha Yoga - Carlotta 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 10:15am Elemental Dance - Kevin Yee - Chan 4:00pm FlyHighYoga* - Pritha 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) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta Yogi Bhajan Remembrance Day	7:15am Sunrise Vinyasa - Pritha 8:30am Ashtanga Creative Flow - Angela (L2 - L3) 10:15am Vinyasa Flow - Carlotta 12:00pm Community Class 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Diaz	7:15am Sunrise Hatha - Bernd 8:30am Bhakti Breath - Kevin Yee - Chan 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Discovering The Rainbow Bridge Summer Series - Carlotta 6:00pm FlyHigh Yoga* - Jessica 10:30am Boundiful Blissful Beautiful A Day Retreat for Women - Savitri	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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- 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

