

# Desa Seni, A Village Resort

## October 2017 YOGA & HAPPENINGS

Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29	Saturday Sept 30	Sunday 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 Fly High Yoga - Jessica 10:30pm Bountiful 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)
Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
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 - Eka 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 4:00pm Hatha Beginners Yoga - Eka 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	5:00am Sadhana - Daphna (CE) 7:15am Sunrise Flow - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Eka 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Eka (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Carlotta	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 - Eka	7:15am Sunrise Flow - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Chakra Dance Summer Series - Daphna 6:00pm Fly High Yoga - Jessica	7:15am Sunrise Hatha Yoga Beginners - Eka 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)
Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15
7:15am Sunrise Vinyasa - Eka 8:30am Ashtanga Creative Flow - Angela (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Angela 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 4:00pm Hatha Beginners Yoga - Eka 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Eka 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Bernd (L2) 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Vinyasa - Eka 8:30am Ashtanga Creative Flow - Angela (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Eka	7:15am Sunrise Flow - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Eka (L2) 4:00pm Chakra Dance Summer Series - Daphna 6:00pm Fly High Yoga - Jessica	7:15am Sunrise Hatha Yoga Beginners - Eka 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)
Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22
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 Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Angela 4:00pm Hatha Beginners Yoga - Eka 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Eka 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Eka (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Eka	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 - Eka	7:15am Sunrise Flow - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Chakra Dance Summer Series - Daphna 6:00pm Fly High Yoga - Jessica	7:15am Sunrise Hatha Yoga Beginners - Eka 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)
Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
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 - Eka 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Hatha Yoga - Eka 4:00pm Hatha Beginners Yoga - Eka 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Dynamic Hatha - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm FlyHighYoga* - Jessica 6:00pm Sunset Flow - Eka 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Eka 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Lab - Eka (L2) 4:00pm Bhakti Yin - Kevin Yee - Chan 6:00pm Sunset Flow - Eka	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 - Eka	7:15am Sunrise Flow - Bernd 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow - Bernd (L2) 4:00pm Chakra Dance Summer Series - Daphna 6:00pm Fly High Yoga - Jessica	7:15am Sunrise Hatha Yoga Beginners - Eka 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)

For up to date information on events, times, dates and details, go to: [www.desaseni.com/events-3](http://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**

