



Desa Seni, A Village Resort

January 2018 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
8:30am Vinyasa Flow - Carlotta (L2) 10:15am Dynamic Flow - Bernd 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	8:30am Dynamic Flow - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali 8:30am Unlock Hip Opening Masterclass - Carlotta	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dali 6:00pm Sunset Flow - Bernd 7:15pm Meditation - Bernd (CE)	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	8:30am Dynamic Flow - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dali 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	8:30am Dynamic Flow - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28
8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dali 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	8:30am Dynamic Flow - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Dali (L2) 5:30pm Alignment & Adjustments - Dali 8:30am Qualities of Awakening Renunciation - Bernd	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4
8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dali 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	8:30am Dynamic Flow - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 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

