



Desa Seni, A Village Resort

February 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 Jan 29	Tuesday Jan 30	Wednesday Jan 31	Thursday Feb 1	Friday Feb 2	Saturday Feb 3	Sunday 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 - Dali (L2) 10:15am Master Class - Dali 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 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 - Carlotta 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Charlotte (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Asthanga Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Charlotte 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Dali 7:15pm Meditation - Dali (CE)	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Charlotte 4:00pm Yin Yang - Dali 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Charlotte (L2) 10:15am Master Class - Dali 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 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 - Carlotta 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Charlotte (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Asthanga Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Charlotte 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Charlotte 4:00pm Yin Yang - Dali 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Drops of love yoga - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Love Flow - Charlotte 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Charlotte (L2) 10:15am Master Class - Dali 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Dali (L2-L3) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali Chinese New Years - Year of the Dog	7:15am Sunrise Flow - Carlotta 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Charlotte (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Asthanga Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Charlotte 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Charlotte 4:00pm Yin Yang - Dali 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Charlotte (L2) 10:15am Master Class - Dali 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta World Yoga Day	7:15am Sunrise Flow - Charlotte 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 - Carlotta 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Charlotte (L2) 5:30pm Alignment & Adjustments - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Asthanga Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Dali (L2) 10:15am Dynamic Flow - Charlotte 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Dali	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Charlotte 4:00pm Yin Yang - Dali 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Dali 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 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 Creative Asthanga Flow - Charlotte 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, including 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!

Master Class: over the course of two hours, we will go deeper than possible in a regular class. Exploring aspects of posture, philosophy, the higher limbs of yoga. This class offers an opportunity to greatly enrich both one's practice and life.

Alignment & Adjustments: Open to all levels, Alignment and Adjustments is especially beneficial for those who are interested in discovering a way to practice that is in harmony with the biomechanics of the body.

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

