




Desa Seni, A Village Resort

March 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 Feb 26	Tuesday Feb 27	Wednesday Feb 28	Thursday Mar 1	Friday Mar 2	Saturday Mar 3	Sunday 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 - Carlotta 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 Dr. Seuss's Birthday 	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali 8:30am Roof To Rise Standing Asana Masterclass - Carlotta	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Ashanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 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 4:00pm Yin Yang - Carlotta 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 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 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali (L2) 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 Ashanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Yin Yang - Carlotta 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 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 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta	NYEPI, SAKA NEW YEAR 1940	
Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Yin Yang - Carlotta 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation Earth Day 	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 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 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 3:00pm The Breath Body - Dali	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Bernd 9:30am The Breath Body - Dali	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Ashanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Palm Sunday 
Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1
7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Dali 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Yin Yang - Carlotta 6:00pm Sunset Flow - Dali 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 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 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Dali (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Dali Good Friday	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 Ashanga Creative Flow - Charlotte 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, 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

