



Desa Seni  
a village resort

# Desa Seni, A Village Resort April 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 Apr 2	Tuesday Apr 3	Wednesday Apr 4	Thursday Apr 5	Friday Apr 6	Saturday Apr 7	Sunday Apr 8
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 <b>Bali Spirit Festival</b>	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 <b>Bali Spirit Festival</b>	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) <b>Bali Spirit Festival</b>	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 <b>Bali Spirit Festival</b>	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 <b>Bali Spirit Festival</b>	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali <b>Bali Spirit Festival</b>	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) <b>Bali Spirit Festival</b>
Apr 9	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14	Apr 15
7:15am Sunrise Flow - Dali 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) 8:30am Reconnect To Your Creativ Self - Charlotte	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 8:30am Reconnect To Your Creativ Self - Charlotte	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE) 8:30am Reconnect To Your Creativ Self - Charlotte <b>Yom Hashoah</b>	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 <b>Kundalini Teacher Training Level 1</b>	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) <b>Kundalini Teacher Training Level 1</b> <b>World Art Day</b>
Apr 16	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21	Apr 22
7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Yin Yang - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation <b>Kundalini Teacher Training Level 1</b>	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) <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Charlotte 4:00pm Yin Yang - Charlotte 6:00pm Sunset Flow - Carlotta <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Charlotte 8:30am Hatha Yoga - Bernd (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Bernd <b>Kundalini Teacher Training Level 1</b>	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) <b>Kundalini Teacher Training Level 1</b> <b>Earth Day</b>
Apr 23	Apr 24	Apr 25	Apr 26	Apr 27	Apr 28	Apr 29
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 <b>Kundalini Teacher Training Level 1</b>	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 <b>Kundalini Teacher Training Level 1</b>	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) <b>Kundalini Teacher Training Level 1</b>	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 <b>Kundalini Teacher Training Level 1</b> <b>Hug &amp; Australian Day</b>	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 <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali <b>Kundalini Teacher Training Level 1</b>	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) <b>Kundalini Teacher Training Level 1</b>
Apr 30	May 1	May 2	May 3	May 4	May 5	Apr 1 - May 6
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 <b>Kundalini Teacher Training Level 1</b>	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 <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE) <b>Kundalini Teacher Training Level 1</b>	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 <b>Kundalini Teacher Training Level 1</b>	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 <b>Kundalini Teacher Training Level 1</b>	7:15am Sunrise Flow - Bernd 8:30am Hatha Flow - Dali 10:15am Vinyasa Flow - Bernd (L2) 5:30pm Alignment & Adjustments - Dali <b>Kundalini Teacher Training Level 1</b>	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) <b>Kundalini Teacher Training Level 1</b> <b>Easter</b>

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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, 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**

