



Desa Seni, A Village Resort

May 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 30	Tuesday May 1	Wednesday May 2	Thursday May 3	Friday May 4	Saturday May 5	Sunday May 6
7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Charlotte 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) Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Carlotta Kundalini Teacher Training Level 1	8:30am Ashanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Bernd 8:30am Dynamic Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2) Kundalini Teacher Training Level 1 Cinco De Mayo	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) Kundalini Teacher Training Level 1
May 7	May 8	May 9	May 10	May 11	May 12	May 13
7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Meditation - Bernd (CE) Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation Kundalini Teacher Training Level 1 National Teachers Day	7:15am Sunrise Flow - Charlotte 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) Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Carlotta Kundalini Teacher Training Level 1	8:30am Ashanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte Kundalini Teacher Training Level 1	7:15am Sunrise Flow - Bernd 8:30am Dynamic Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2) 8:30am Qualities of Awakening Confidence - Bernd	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) Mother's Day
May 14	May 15	May 16	May 17	May 18	May 19	May 20
7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd Dance Like a Chicken Day	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation Ramadan	7:15am Sunrise Flow - Charlotte 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 - Bernd 6:00pm Sunset Flow - Carlotta	8:30am Ashanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte Internasional Museum Day	7:15am Sunrise Flow - Bernd 8:30am Dynamic Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2) 8:30am The Emotional Journey Back Bending 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)
May 21	May 22	May 23	May 24	May 25	May 26	May 27
7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Charlotte 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 - Bernd 6:00pm Sunset Flow - Carlotta	8:30am Ashanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Dynamic Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2)	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)
May 28	May 29	May 30	May 31	June 1	June 2	June 3
7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd Memorial Day - Thank You!	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Charlotte 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 - Bernd 6:00pm Sunset Flow - Carlotta World No Tobacco Day	8:30am Ashanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Dynamic Flow - Charlotte 10:15am Vinyasa Flow - Bernd (L2)	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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- pinterest.com/DesaSeni
- 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

