



# Desa Seni, A Village Resort

## June 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 May 28	Tuesday May 29	Wednesday May 30	Thursday May 31	Friday June 1	Saturday June 2	Sunday 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 <b>Memorial Day - Thank You!</b>	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 <b>World No Tobacco Day</b>	8:30am Asthanga 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 Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2)	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)
June 4	June 5	June 6	June 7	June 8	June 9	June 10
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)	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 Asthanga 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 Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2)	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)
June 11	June 12	June 13	June 14	June 15	June 16	June 17
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 <b>Eid Mubarak</b>	8:30am Asthanga 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 Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Charlotte (L2) 8:30am Qualities of Awakening Maitri - Bernd	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)
June 18	June 19	June 20	June 21	June 22	June 23	June 24
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 <b>First Day of Summer</b>	8:30am Asthanga 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 Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2)	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)
June 25	June 26	June 27	June 28	June 29	June 30	July 1
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 Asthanga 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 Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Bernd (L2) 9:00am Allow Yourself To Rise - Charlotte Use Your Body To Heal Your Mind	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)

www.facebook.com/desaseni
 instagram.com/desaseni/
 twitter.com/DesaSeni
 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](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**

