



Desa Seni, A Village Resort

August 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 July 30 | Tuesday July 31 | Wednesday Aug 1 | Thursday Aug 2 | Friday Aug 3 | Saturday Aug 4 | Sunday Aug 5 |
|---|--|--|---|--|---|---|
| 7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Eka 10:15am Dynamic Flow - Eka 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd The Collective Teacher Training International Friendship Day | 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Eka 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training | 7:15am Sunrise Flow - Charlotte 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Charlotte 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training | 7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Charlotte 6:00pm Sunset Flow - Charlotte The Collective Teacher Training | 8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Charlotte 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training | 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) |
| Aug 6 | Aug 7 | Aug 8 | Aug 9 | Aug 10 | Aug 11 | Aug 12 |
| 7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Bernd 7:15pm Five Skills of Meditation - Bernd (CE) | 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Bernd (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 - Dian 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 - Charlotte | 8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Charlotte | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Charlotte (L2) 9:30am Qualities of Awakening Compassion - Bernd | 8:30am Vinyasa Flow - Dian (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) |
| Aug 13 | Aug 14 | Aug 15 | Aug 16 | Aug 17 | Aug 18 | Aug 19 |
| 7:15am Sunrise Flow - Carlotta 8:30am Vinyasa Flow - Bernd 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dian 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 - Carlotta 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE) | 7:15am Sunrise Flow - Jax 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte | 8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Jax 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Charlotte Independence Day of Indonesia | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) | 8:30am Vinyasa Flow - Dian (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) |
| Aug 20 | Aug 21 | Aug 22 | Aug 23 | Aug 24 | Aug 25 | Aug 26 |
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| Aug 27 | Aug 28 | Aug 29 | Aug 30 | Aug 31 | Sep 1 | Sep 2 |
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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

