



Desa Seni, A Village Resort September 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 Aug 27	Tuesday Aug 28	Wednesday Aug 29	Thursday Aug 30	Friday Aug 31	Saturday Sep 1	Sunday Sep 2
7:15am Sunrise Flow - Jax 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 - Jax (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Jax 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	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)
Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9
7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Charlotte 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd 7:15pm Yoga For Freedom (CE) Meditation Anapanasati - Bernd	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Eka 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yoga For Freedom (CE) Yoga Nidra - Charlotte 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Eka	8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Yoga For Freedom (CE) From The Root To The Sky - Eka 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Charlotte 7:15pm Yoga For Freedom (CE) Ecstatic Dance - Jacqueline	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) 10:15am Yoga For Freedom (CE) Dance To The Rhythm - Bella Zanesco	8:30am Vinyasa Flow - Eka (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16
7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Charlotte 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Eka 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 - Eka 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Eka	8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2)	8:30am Vinyasa Flow - Eka (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23
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Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30
7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Charlotte 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka (L2-L3) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Charlotte 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Eka 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 6:00pm Sunset Flow - Eka	8:30am Vinyasa Creative Flow - Bernd (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2)	8:30am Vinyasa Flow - Eka (L2) 10:15am Asthanga Creative Flow - Eka 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training

- facebook.com/desaseni
- instagram.com/desaseni_avillageresort
- 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

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

