

# Desa Seni, A Village Resort

## October 2018 YOGA & HAPPENINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Oct 1</b> 7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Eka 4:00pm Yin Restorative - Bernd 6:00pm Sunset Flow - Bernd The Collective Teacher Training World Vegetarian Day	<b>Oct 2</b> 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Eka 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training	<b>Oct 3</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training	<b>Oct 4</b> 8:30am Vinyasa Flow Lab - Carlotta (L2) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Eka The Collective Teacher Training	<b>Oct 5</b> 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Eka (L2) 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka The Collective Teacher Training	<b>Oct 6</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training	<b>Oct 7</b> 8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Eka 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training
<b>Oct 8</b> 7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd 7:15pm Meditation - Bernd (CE) The Collective Teacher Training	<b>Oct 9</b> 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training	<b>Oct 10</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training	<b>Oct 11</b> 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Carlotta The Collective Teacher Training	<b>Oct 12</b> 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Eka (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Eka The Collective Teacher Training Farmer's Day	<b>Oct 13</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training	<b>Oct 14</b> 8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Eka 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training
<b>Oct 15</b> 7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Bernd The Collective Teacher Training	<b>Oct 16</b> 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training World Food Day	<b>Oct 17</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training	<b>Oct 18</b> 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Carlotta The Collective Teacher Training	<b>Oct 19</b> 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Eka (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Eka The Collective Teacher Training	<b>Oct 20</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training	<b>Oct 21</b> 8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Eka 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training
<b>Oct 22</b> 7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd The Collective Teacher Training	<b>Oct 23</b> 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training	<b>Oct 24</b> 7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Carlotta 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training	<b>Oct 25</b> 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Carlotta The Collective Teacher Training	<b>Oct 26</b> 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Eka (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Carlotta The Collective Teacher Training	<b>Oct 27</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training	<b>Oct 28</b> 8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Eka 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training
<b>Oct 29</b> 7:15am Sunrise Flow - Eka 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Bernd The Collective Teacher Training	<b>Oct 30</b> 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation Restorative Yoga Therapy - Pablo	<b>Oct 31</b> 7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) Restorative Yoga Therapy - Pablo Halloween	<b>Nov 1</b> 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta Restorative Yoga Therapy - Pablo	<b>Nov 2</b> 7:15am Sunrise Flow - Carlotta 8:30am Asthanga Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte Restorative Yoga Therapy - Pablo	<b>Nov 3</b> 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) Restorative Yoga Therapy - Pablo	<b>Nov 4</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)

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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**

