



Desa Seni, A Village Resort

November 2018 YOGA & HAPPENINGS

Desa Seni, A Village Resort
 Jl. Subak Sari #13 Pantai Berawa, Canggu
 Tel. 844 6393 ~ 844 6394
 info@desaseni.com ~ www.desaseni.com

Monday Oct 29	Tuesday Oct 30	Wednesday Oct 31	Thursday Nov 1	Friday Nov 2	Saturday Nov 3	Sunday Nov 4
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	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	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	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Exploration of Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta Restorative Yoga Therapy - Pablo	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte Restorative Yoga Therapy - Pablo	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) Restorative Yoga Therapy - Pablo	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)
Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10	Nov 11
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte 7:15pm Meditation - Bernd (CE)	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Exploration of Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 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 Joy - 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)
Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17	Nov 18
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Exploration of Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 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)
Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24	Nov 25
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Exploration of Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Bernd (L2) 9:00am Heal The Emotional Body - Charlotte	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) 9:00am Heal The Emotional Body - Charlotte
Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1	Dec 2
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Master Class - Bernd 4:00pm Explore Meditation - Carlotta 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Exploration of Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte 9:30am Pureness Torsions Masterclass - Carlotta	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) World AIDS Day	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)

- 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

Our classes are open to the public, no need to pre book, come and bring a smile! For workshops and specialty offerings, please pre book! We provide all the yoga props. 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 & Exploration of Yoga: 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.
 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, Meditation or Pranayama please call: 0361-8446393 or 0361-8446394 write to info@desaseni.com

