



Desa Seni, A Village Resort

December 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 - Carlotta 9:30am Purenese 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)
Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9
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 Metta Bhavana - 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 - 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)
Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15	Dec 16
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 A Healthy Spine Yin Yoga - Dian	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)
Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23
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 - Carlotta (L2) 9:30am Qualities Of Awakening Equanimity - 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)
Dec 24 - Dec 31	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30
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 Fit To Fly - Inversions & Arm Balance Masterclass - Carlotta	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

