



Desa Seni, A Village Resort

March 2019 YOGA & HAPPENINGS

Desa Seni, A Village Resort
 Jl. Subak Sari #13 Pantai Berawa, Canggu
 Tel. +62 81 399 536 / 844 6393 / 844 6394
 info@desaseni.com - www.desaseni.com

Monday Feb 25	Tuesday Feb 26	Wednesday Feb 27	Thursday Feb 28	Friday Mar 1	Saturday Mar 2	Sunday Mar 3
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 Exploration of Yoga - 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)
Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10
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 7:15am Meditation - Bernd (CE)	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - 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	Nyepi, Saka New Year 1941	8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Carlotta	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)
Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17
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Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31
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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: +62 81 399 536 +62 361- 8446392 / 8446393 / 8446394 Write to info@desaseni.com

