



Desa Seni, A Village Resort

April 2019 YOGA & HAPPENINGS

Desa Seni, A Village Resort
 Jl. Subak Sari #13 Pantai Berawa, Canggu
 Tel. +62 81 139 9536 / +62 361 844 6393 / 844 6394
 info@desaseni.com - www.desaseni.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|--|
| Apr 1 | Apr 2 | Apr 3 | Apr 4 | Apr 5 | Apr 6 | Apr 7 |
| 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 Hatha Yoga - Eka 4:00pm Hatha Flow - 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 - Eka 7:30pm 11th Step NA Meeting (CE) | 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Carlotta 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Eka | 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Eka | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd (L2) 10:00am Asana Foundation - Eka | 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) The Collective Teacher Training |
| Apr 8 | Apr 9 | Apr 10 | Apr 11 | Apr 12 | Apr 13 | Apr 14 |
| 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte 7:15pm Meditation - Bernd The Collective Teacher Training | 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - Bernd 4:00pm Hatha Flow - Eka 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training | 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Carlotta 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training | 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) The Collective Teacher Training |
| Apr 15 | Apr 16 | Apr 17 | Apr 18 | Apr 19 | Apr 20 | Apr 21 |
| 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Charlotte The Collective Teacher Training | 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - Eka 4:00pm Hatha Flow - Eka 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training | 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Eka 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training | 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) The Collective Teacher Training |
| Apr 22 | Apr 23 | Apr 24 | Apr 25 | Apr 26 | Apr 27 | Apr 28 |
| 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Eka The Collective Teacher Training | 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - Bernd 4:00pm Hatha Flow - Carlotta 6:00pm Sunset Flow - Eka 7:15pm Bali Usada Meditation The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training | 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Eka 4:00pm Explore Meditation - Eka 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training | 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) The Collective Teacher Training |
| Apr 29 | Apr 30 | May 1 | May 2 | May 3 | May 4 | May 5 |
| 7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Eka 10:15am Dynamic Flow - Eka 4:00pm Yin Restorative - Eka 6:00pm Sunset Flow - Charlotte The Collective Teacher Training | 8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - Eka 4:00pm Hatha Flow - Bernd 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Charlotte 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Eka 7:30pm 11th Step NA Meeting (CE) The Collective Teacher Training | 8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Eka 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Eka The Collective Teacher Training | 7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training | 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

Sunrise Flow - Sunset Flow & Meditation: 60 Minutes & All other classes - 90 Minutes

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!

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 81 139 9536 +62 361 - 8446392 / 8446393 / 8446394 Write to info@desaseni.com