



# Desa Seni, A Village Resort

## May 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
<b>Apr 29</b>	<b>Apr 30</b>	<b>May 1</b>	<b>May 2</b>	<b>May 3</b>	<b>May 4</b>	<b>May 5</b>
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 <i>The Collective Teacher Training</i>	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 <i>The Collective Teacher Training</i>	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) <i>The Collective Teacher Training</i>	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha Yoga - Carlotta 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Eka <i>The Collective Teacher Training</i>	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 <i>The Collective Teacher Training</i>	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Eka 10:15am Vinyasa Flow - Bernd (L2) <i>The Collective Teacher Training</i>	8:30am Vinyasa Flow - Charlotte (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
<b>May 6</b>	<b>May 7</b>	<b>May 8</b>	<b>May 9</b>	<b>May 10</b>	<b>May 11</b>	<b>May 12</b>
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Bernd 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte 7:15am Meditation - Bernd (CE)	8:30am Vinyasa Flow - Charlotte (L2-L3) 10:15am Hatha Yoga - Bernd 4:00pm Hatha Flow - Charlotte 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 Hatha Yoga - Charlotte 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Bernd 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 - Charlotte (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
<b>May 13</b>	<b>May 14</b>	<b>May 15</b>	<b>May 16</b>	<b>May 17</b>	<b>May 18</b>	<b>May 19</b>
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Bernd 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Charlotte 6:00pm Sunset Flow - Charlotte	8:30am Vinyasa Flow - Charlotte (L2-L3) 10:15am Hatha Yoga - Bernd 4:00pm Hatha Flow - Charlotte 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 Hatha Yoga - Charlotte 4:00pm Explore Meditation - Bernd 6:00pm Sunset Flow - Charlotte	7:15am Sunrise Flow - Bernd 8:30am Creative Flow - Charlotte (L2) 10:15am Vinyasa Flow - Bernd 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 - Charlotte (L2) 10:15am Asthanga Creative Flow - Charlotte 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
<b>May 20</b>	<b>May 21</b>	<b>May 22</b>	<b>May 23</b>	<b>May 24</b>	<b>May 25</b>	<b>May 26</b>
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 - Bernd 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 - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha 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 Exploring The Body The Dark Space - Bernd 6:00pm Womans Moon Circle - 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)
<b>May 27</b>	<b>May 28</b>	<b>May 29</b>	<b>May 30</b>	<b>May 31</b>	<b>Jun 1</b>	<b>Jun 2</b>
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 - Bernd 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 - Charlotte 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Bernd (L2) 10:15am Hatha 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 Creating A Soul Full Practice True To Oneself - Charlotte	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)

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**