



Desa Seni, A Village Resort

August 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 July 29	Tuesday July 30	Wednesday July 31	Thursday Aug 1	Friday Aug 2	Saturday Aug 3	Sunday Aug 4
7:15am Sunrise Flow - Charlotte 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Carlotta 6:00pm Sunset Flow - Carlotta	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 - Bernd (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Dian	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Dian 10:15am Vinyasa Flow - Bernd (L2)	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Dian 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Aug 5	Aug 6	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11
7:15am Sunrise Flow - Bernd 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Carlotta 7:15pm Meditation - Bernd (CE)	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 - Carlotta 10:15am Vinyasa Flow - Bernd 4:00pm Yin Restorative - Dian 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 - Bernd (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Dian	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Dian 10:15am Vinyasa Flow - Bernd (L2)	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Dian 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) Eid al - Adha
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Aug 19	Aug 20	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25
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Aug 26	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1
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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

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