



# Desa Seni, A Village Resort

## September 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 Aug 26	Tuesday Aug 27	Wednesday Aug 28	Thursday Aug 29	Friday Aug 30	Saturday Aug 31	Sunday Sep 1
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	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)
Sep 2	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8
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 - Carlotta 8:30am Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Vinyasa Flow Lab - Carlotta (L2) 10:15am Hatha Yoga - Carlotta 4:00pm Explore Meditation - Tom 6:00pm Sunset Flow - Carlotta	7:15am Sunrise Flow - Carlotta 8:30am Creative Flow - Carlotta (L2) 10:15am Vinyasa Flow - Carlotta 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Dian	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Dian 10:15am Vinyasa Flow - Carlotta (L2)	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
7:15am Sunrise Flow - Dian 8:30am Vinyasa Flow - Carlotta 10:15am Dynamic Flow - Carlotta 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow - Carlotta (L2-L3) 10:15am Hatha Yoga - Carlotta 4:00pm Hatha Flow - Carlotta 6:00pm Sunset Flow - Dian 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Carlotta 8:30am Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Carlotta 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 - Bernd	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Dian 10:15am Vinyasa Flow - Bernd (L2) 9:30am Yin Sights A Journey Into The Philosophy - Carlotta 6:00pm Full Moon - Carlotta	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sep 16	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
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	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 - Bernd	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Dian 10:15am Vinyasa Flow - Bernd (L2)	8:30am Vinyasa Flow - Bernd (L2) 10:15am Creative Flow - Bernd 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE)
Sep 23 / Sep 30	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
7:15am Sunrise Flow - Bernd 8:30am Vinyasa Flow - Bernd 10:15am Dynamic Flow - Bernd 4:00pm Yin Restorative - Dian 6:00pm Sunset Flow - Dian	8:30am Vinyasa Flow - Bernd (L2-L3) 10:15am Hatha Yoga - Bernd 4:00pm Hatha Flow - Dian 6:00pm Sunset Flow - Bernd 7:15pm Bali Usada Meditation	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Dian 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 - Bernd	7:15am Sunrise Flow - Bernd 8:30am Mindful Vinyasa - Carlotta 10:15am Vinyasa Flow - Bernd (L2) The Collective Teacher Training	8:30am Vinyasa Flow - Carlotta (L2) 10:15am Creative Flow - Carlotta 2:00pm Balinese Dance for Children (CE) 4:00pm Sad Angga Yoga - Pak Nyoman (CE) The Collective Teacher Training

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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 yogo 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**