# Desa Seni, A Village Resort

## December 2019 YOGA & HAPPENINGS

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Nov 25</td>
<td>Nov 26</td>
<td>Nov 27</td>
<td>Nov 28</td>
<td>Nov 29</td>
<td>Nov 30</td>
<td>Nov 31</td>
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<tr>
<td>7:15am Sunrise Flow - Alicia</td>
<td>8:30am Vinyasa Flow - Carlotta (L2-L3)</td>
<td>7:15am Sunrise Flow - Bernd</td>
<td>8:30am Vinyasa Flow Lab - Bernd (L2)</td>
<td>7:15am Sunrise Flow - Carlotta</td>
<td>7:15am Sunrise Flow - Bernd</td>
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<tr>
<td>8:30am Vinyasa Flow - Carlotta</td>
<td>10:15am Hatha Yoga - Bernd</td>
<td>10:15am Mindful Vinyasa - Alicia</td>
<td>10:15am Mindful Vinyasa - Eka</td>
<td>10:15am Hatha Yoga - Carlotta</td>
<td>10:15am Hatha Creative Flow (L2)</td>
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<tr>
<td>10:15am Dynamic Flow - Bernd</td>
<td>4:00pm Yoga Restorative - Alicia</td>
<td>4:00pm Vinyasa Flow - Bernd</td>
<td>4:00pm Vinyasa Flow - Eka</td>
<td>4:00pm Vinyasa Flow Lab - Bernd (L2)</td>
<td>4:00pm Vinyasa Flow - Eka (L2)</td>
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<tr>
<td>4:00pm Yin Restorative - Alicia</td>
<td>6:00pm Sunset Flow - Bernd</td>
<td>6:00pm Sunset Flow - Eka</td>
<td>6:00pm Sunset Flow - Eka</td>
<td>6:00pm The Feast</td>
<td>6:00pm Hatha Creative Flow (L2)</td>
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<tr>
<td>6:00pm Sunset Flow - Carlotta</td>
<td>7:15am Ball Uvadas Meditation</td>
<td>7:30am 11th Step NA Meeting (CE)</td>
<td>7:30am 11th Step NA Meeting (CE)</td>
<td>4:00pm 11th Step NA Meeting (CE)</td>
<td>2:00pm Balinese Dance for Children (CE)</td>
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</tbody>
</table>

**For up to date information on events, times, dates and details, go to:**
[www.desaseni.com/events-3](http://www.desaseni.com/events-3)

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**Desa Seni, A Village Resort**
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info@desaseni.com - [www.desaseni.com](http://www.desaseni.com)

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**Facebook:** facebook.com/desaseni
**Instagram:** instagram.com/desaseni_villageresort
**Twitter:** twitter.com/DesaSeni
**Pinterest:** pinterest.com/DesaSeni
**YouTube:** youtube.com/user/desaseni1

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*Desa Seni, A Village Resort*

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**If you are interested in a Private Yoga Class, Meditation or Pranayama please call:** +62 811 139 9536 / 62 361 - 8446392 / 8446393 / 8446394
Write to info@desaseni.com

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*Rp. 1,200,000 for 12 class pass, or Rp. 700,000 for 6 class pass.*

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*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.*

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*Level 1: A dynamic class suitable for intermediate practitioners*

*Level 2: A dynamic class suitable for intermediate practitioners (E2) 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. 2,000 for 12 class pass, or Rp. 700,000 for 6 class pass.*