



Desa Seni, A Village Resort

November 2020 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 Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30	Saturday Oct 31	Sunday Nov 1
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin Yoga - Dian 6:00pm Chakra Healing Meditation - Karan Singh (Rp. 130.000) Cash Only	8:30am Kundalini Yoga - Daphna 10:15am Rising Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta 4:00pm Myofascial Release & Yin Yoga - Dian	8:30am Vinyasa Flow - Carlotta 10:15am Qi Gong - 20 Century Lucas - (CE)	8:30am Yin Yang Yoga - Dian Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin Yoga - Dian 6:00pm Mantra Meditation - Karan Singh (Rp. 130.000) Cash Only	8:30am Kundalini Yoga - Daphna 10:15am Rising Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta 4:00pm Myofascial Release & Yin Yoga - Dian	8:30am Vinyasa Flow - Carlotta 10:15am Qi Gong - 20 Century Lucas - (CE)	8:30am Yin Yang Yoga - Dian Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin Yoga - Dian 6:00pm Buddhist Meditation - Karan Singh (Rp. 130.000) Cash Only	8:30am Kundalini Yoga - Daphna 10:15am Rising Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Dian 4:00pm Myofascial Release & Yin Yoga - Dian	8:30am Vinyasa Flow - Dian 10:15am Qi Gong - 20 Century Lucas - (CE)	8:30am Yin Yang Yoga - Dian Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Dian
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin Yoga - Dian 6:00pm Tantra Meditation - Karan Singh (Rp. 130.000) Cash Only	8:30am Kundalini Yoga - Daphna 10:15am Rising Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta 4:00pm Myofascial Release & Yin Yoga - Dian	8:30am Vinyasa Flow - Carlotta 10:15am Qi Gong - 20 Century Lucas - (CE)	9:00am Yin Yoga & Medical Qi Gong - Dian Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin Yoga - Dian	8:30am Kundalini Yoga - Daphna 10:15am Rising Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta 4:00pm Myofascial Release & Yin Yoga - Dian	8:30am Vinyasa Flow - Carlotta 10:15am Qi Gong - 20 Century Lucas - (CE)	8:30am Yin Yang Yoga - Dian 9:00am Pose Goals Highway To Inversions Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta



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